

Newsletter

Volume 4



WORKSITE WELLNESS TURKEY PROGRAM

# Smart Moves

## Get Moving



Moving more benefits people of all ages, shapes, sizes and abilities. The 2008 Physical Activity Guidelines for Adults recommend you:

- Avoid inactivity! Some movement is better than no movement. More movement is better than some movement.
- Boost your health with 30 minutes of moderately intensive aerobic activity at least five times a week. Moderately intensive activity causes you to breathe harder and your heart to beat faster, but you can still carry on a conversation. Keep in mind that aerobic activity should be done in no less than 10-minute increments. Three 10-minute walks each day can improve your health.
- Do muscle strengthening activities at least two times per week that work all major muscle groups. Try push-ups, squats, abdominal crunches and lunges.
- Build up to 300 minutes per week of moderately intensive activity for even more health benefits.

So what are you waiting for? Get up, get moving, get active!

### TODAY'S AGENDA

- I. Weigh-in & record
- II. Welcome & celebrate success
- III. Newsletter Volume 4  
Discuss increasing daily activity.
- IV. Line dance
- V. Next week - energize your day



Check out simple tips for moving more  
and download an activity log at  
[www.MyEatSmartMoveMore.com](http://www.MyEatSmartMoveMore.com)