

**600-Minute Challenge**

Is it possible to add more movement to your day at the office? Sure it is! Taking the 600-Minute Challenge will help motivate you to stand and walk more often at work, while providing health benefits. This four-week challenge encourages employees to be physically active for 600+ minutes, at work, for a four-week period.

Growing research suggests that just standing can have benefits and individuals who spend more time standing and moving in the course of a week, showed lower levels of blood sugar and cholesterol. Challenge yourself to stand and walk more during the workday, to give your body a “gravitational stimulus”, which can help muscles and bones stay strong.

Start the Challenge:

* Sign the pledge form, pledging your commitment to yourself to be physically active for four weeks.
* Track your daily minutes by using the tracking form for Monday-Friday, for a four-week period.
* Set yourself up for success and add more movement into your day:
* Set a timer.
* Keep your sneakers at your desk.
* Try a standing desk.
* Use the printer at the end of the hallway.
* Choose a lunch spot in the area that will give you the longest stroll.
* Wearable devices: Some can tell you how much you moved in a day; some can keep track of your sitting and standing (e.g. FitBit, Nike FuelBand, Apple Watch)
* Take the stairs.
* Bike to work.
* Host a walking meeting.
* Split your 30 minutes into three, 10 minute walks around the office.
* Set your alarm to get up and walk for five minutes, six times a day.