



Spring Yourself(ie) into Action Challenge

- Exercising for as little as 30 minutes a day can reduce your risk for heart disease, the leading cause of death in the U.S.
- According to the [American Heart Association](#), there are countless ways to get active, but walking has the lowest dropout rate. It's the simplest positive change you can make to improve your heart health. It is recommended that we take 10,000 steps a day.
- **Benefits of Being Active:**
 - Decrease your risk of coronary heart disease and stroke
 - Improve your blood pressure, blood sugar and cholesterol
 - Maintain your body weight and lower your risk of obesity
 - Enhance your mental well-being

Spring Yourself(ie) into Action Challenge Details:

- The *Spring Yourself(ie) into Action Challenge* is designed to add a few more opportunities to increase your daily step count to 10,000.
 - **Start small and work your way up** toward taking 10,000 steps each day. First, figure out your average steps per day. **Set a goal** to increase your steps by 500 to 1,000 steps each day for the first week. **Keep slowly increasing your steps over time to reach a bigger goal that's attainable for you.**
- Over the four-week period, choose at least 10 routes that will allow you and co-workers to increase your physical activity by adding more steps to your day.
 - Use [mapmywalk](#) to create a route or [check out the ones on our website submitted by other Wellness Councils](#).
- Take a [selfie](#) (or "us-ie" if you're with others) at each location.
 - Earn **10 points** for each selfie in a new location. Gain **five points** for each selfie in a repeat location.
 - Strive to take at least 15 selfies in 10 different locations over the four weeks.
 - Post them to our WFHTN [Facebook Page](#).
- Record your points on the challenge tracking sheet provided.
- The individual who has the highest points at the end of the four-week challenge will be the winner.

***Please consult with your doctor before beginning an exercise program.**



Ways to Achieve More Steps

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- Each time you park at a destination (office, grocery store, church, etc.), park your car as far away as you can.
- Get off the bus or shuttle a stop or two before your usual stop and walk the rest of the way.
- Circle the room when waiting for meetings to start.
- Create a [Walking Meeting](#)
- Use the restroom, copy machine, water fountain, breakroom, etc. that is farthest away from your work area.
- Take the stairs rather than the elevator, especially for one to three floors, both up and down.
- Replace a coffee break with a brisk one-minute walk.
- Join (or start) an [office walking club](#).
- Walk, skate or bicycle more, and drive less.
- Take a nature walk at a local park (and get your friends and family involved!)
- Exercise to a workout video.
- Return your shopping cart all the way into the store after shopping.
- Never drive through - get out and walk into your destination.
- Make a family habit of taking a 10-20-minute walk after dinner together.
- Try a seasonal walk: Nature trails, flowers and gardens, local festivals, historic walking tours of your city or other nearby attractions.



Spring Yourself(ie) into Action Challenge Tracking Sheet

Take a [selfie](#) (or "us-ie" if you're with others) at each location.

- Earn **10 points** for each selfie in a new location. Gain **5 points** for each selfie in a repeat location.
- Strive to take at least 15 selfies in 10 different locations over the four weeks.
- Post them to our WFHTN [Facebook Page](#).

Track your points and location for each selfie/us-ie below:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total Points
Week 1								
Week 2								
Week 3								
Week 4								

***Please consult with your doctor before beginning an exercise program.**

Name: _____ Department/Agency: _____