



Staying Active

Physical Activity and Benefits

Have a Stay-Active September

It happens to everyone. The temperature drops and all of a sudden, sweatpants and comfort foods are calling your name. That's why it's important to rededicate yourself to healthy living every fall! Focus on fitness and you'll see big short-term and long-term benefits.

150 Active Minutes Each Week

You're going to hear that a lot this month. Current health guidelines recommend that adults get 150 active minutes each week. That time can be spread out over the week, although it is also recommended you get at least 10 minutes in at a time.

section **01**

Your September Activity: Set and Track Fitness Goals

Know where you're going and watch yourself get there.



Why 150 Minutes? HUGE Health Benefits:

- Weight maintenance or loss
- Reduce risk of heart disease, stroke, type 2 diabetes and metabolic syndrome
- Reduce risk for certain cancers, including colon and breast cancer
- Maintain and improve bone, joint and muscle health
- Boost mood and self-esteem
- Prevent injury and improve quality of life

Being active 150 minutes per week isn't a cure-all, and you may require more or less depending on your diet, individual physical characteristics and lifestyle. But it is a great step toward a healthier, happier life. For help determining the best plan for you and your health, we recommend you consult your physician.



Boost Your Heart Rate Throughout the Day

In addition to a regular exercise routine, it's important to remain active during the day. A sedentary lifestyle is dangerous for your health, and even workout warriors are at risk if they only get up to go to the gym. Fortunately, it's easy to add active minutes to your day with a few simple changes.

Add Activity to Your Day

- Park towards the back of parking lots to get in extra steps.
- Take the stairs, not the elevator.
- Walk during breaks instead of sitting in a breakroom or cafeteria.
- Skip drive-through windows, even at the bank or pharmacy. Park and walk in for the extra steps.
- Find ways to be active as a family and add quality time to the mix, as well.
- Do small exercises—jumping jacks, push-ups, crunches—during commercial breaks of your favorite shows.
- Track your steps to ensure you stay active, even when you're busy or distracted.
- Start small and ramp it up. Unrealistic goals are demoralizing, so set small, achievable goals that lead up to a single big one! A good initial goal is a small increase in daily activity minutes or step count. Continue to reach goals and set new ones until you can hit 10,000 steps on a daily basis or 150 active minutes each week.





Leap Those Hurdles

There’s always a reason not to exercise. You don’t have time, you’re too tired, the weather is cold and dreary—we all make our own excuses, often without even realizing it. That’s why a little mental and practical preparation is essential if you want to achieve your fitness goals!

Tip #1

“I don’t know what to do or where to start.”

No problem. You can start by consulting your physician to address any health concerns or areas of risk specific to you. Then, simply Google “gyms near me!” Most local gyms provide an opportunity to hire a personal trainer if you need assistance with creating your workout, proper form or meal planning.

Tip #2

“I don’t have the time.”

Make some! Track what you do each day of a typical week. Then, slot in regular exercise during a few consistently open mornings, afternoons or evenings.

Tip #3

“It’s boring.”

- Don’t force yourself to do exercises you don’t enjoy. Instead, stay motivated by pursuing active hobbies and focus on exercises you enjoy.
- Find a friend to do exercise with, even if it’s once or twice a week. You can keep each other accountable, and you’ll have more fun.
- Vary your routine. If you’re bored with what you’re doing, conduct a little research or consult your physician! You’re bound to find another program you enjoy.

Tip #4

“I spend my free time with my kids.”

That’s great! It’s the perfect opportunity to get you and your kids active at the same time. Get your heart rate up as you spend time with your kids (play tag or hide and seek, teach them a new sport or game, or share chores such as yard work or gardening) and supplement your activity minutes with a workout as needed.



September Recipe

Creamy Herb Dip and Crunchy Vegetables

Crisp, creamy, delicious—and pronounced “erb” in America, but “herb” everywhere else.

INGREDIENTS

- ½ cup non-fat buttermilk
- ½ cup reduced-fat mayonnaise
- 2 tablespoons fresh dill, minced
- 1 tablespoon lemon juice
- 1 teaspoon Dijon mustard
- 1 teaspoon honey
- ½ teaspoon garlic powder
- 1/8 teaspoon salt
- 6 cups vegetables (celery, carrots, cucumbers, red peppers, your choice)

INSTRUCTIONS

1. Whisk buttermilk, mayonnaise, dill, lemon juice, mustard, honey, garlic powder and salt in a medium bowl until combined.
2. Serve the dip with vegetables.

Total Time (Cook and Prep): 10 minutes



NUTRITION INFO:

- 161 calories
- 3 g fat
- 3 g cholesterol
- 236 mg sodium
- 7 g carbohydrates
- 1 g fiber
- 1 g protein



Set and Track Fitness Goals

Staying Active

Incremental Goals, Incredible Results

As the weather gets colder and fall schedules get busier, it becomes even more important to make sure you get the recommended 150 active minutes each week. But it's also important to listen to your body — unrealistic goals can damage your health and your motivation. Instead, set small, achievable goals that lead up to a single big one!

Use this worksheet to track your progress until you can hit 10,000 steps on a daily basis or 150 active minutes each week.

Week 1	GOAL:	Steps / Activity Minutes
	Steps / Activity Minutes:	
Week 2	GOAL:	Steps / Activity Minutes
	Steps / Activity Minutes:	
Week 3	GOAL:	Steps / Activity Minutes
	Steps / Activity Minutes:	
Week 4	GOAL:	Steps / Activity Minutes
	Steps / Activity Minutes:	

*Take pride in your efforts! It isn't easy to make a change.
Even if you miss a goal here and there, get back up and keep going.*

Employer Activity Tracking

Please complete the following information and submit it to your employer to receive credit for this activity:

Name: _____

Date: _____

Week 1

Did you create a steps or activity goal? YES NO

Did you reach that goal? YES NO

Week 2

Did you create a steps or activity goal? YES NO

Did you reach that goal? YES NO

Week 3

Did you create a steps or activity goal? YES NO

Did you reach that goal? YES NO

Week 4

Did you create a steps or activity goal? YES NO

Did you reach that goal? YES NO

WELCOME TO

STAY ACTIVE SEPTEMBER

SEPTEMBER ACTIVITY

Set and Track Fitness Goals

Know where you're going and watch yourself get there. Your first tip? Boost your heart rate throughout the day to increase your activity minutes!



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The information in this activity document is provided for general informational purposes only and should not be considered medical advice, diagnosis or treatment recommendations.