

# WIC WELLNESSWORKS

## Activate My Day

### Where Easy Movement is No Sweat

Employee Packet



# Activate My Day

## Where Easy Movement is No Sweat

**W**hat would you say if you could be more active, burn more calories, and feel better about yourself without an unreasonable time commitment, no sweating, no significant additional energy required, and no embarrassing moments? Too good to be true? Read on and find out!

Although most of us are aware of the benefits of physical activity, we often aren't quite ready to commit to structured exercise. Why is that? For the most part, we don't exercise because we feel like we lack something: time, confidence, know-how, motivation, energy... the list goes on. But the truth is, to get moving, we need a lot less than you might think.

If you are ready to add more movement to your day, or if you currently exercise but would like to do more (or simply sit less), or **even if you just want to begin thinking about how to become more active, then *Activate My Day* is for you!**

- **Activate My Day** is for anyone who isn't quite ready to commit to structured exercise (like regularly riding a bike or taking a fitness class) but who would like to bring a little physical activity into their day. This could be your first step toward leading a more active life!
- **Activate My Day** is also for anyone who regularly exercises but wants to move more between workouts. This is a chance to burn more calories, increase your metabolism, and possibly increase your protection from chronic disease or other health issues.

In this packet, you will find:

- **My Course of Action** – a four-week, fun-filled game where you select activities and earn points while moving around the activity course.
- **Personal Pursuits** – four brief, once-a-week, reflective activities that will help you build awareness about where you are now in terms of your activity level, and where you want to be in the future. **My Course of Action** will get you moving more during your day. The **Personal Pursuits** offer tools for reflection and planning that will help you keep moving (even after your participation in *Activate My Day* has ended)!
- **Weekly Healthy Living Tips** – join the WIC Wellness Works group list serve and receive a weekly healthy living email that will inspire and educate you.



So welcome to **Activate My Day** where adding more movement to your life is no sweat! 

# Why should I care about moving more?

We all know the news. Americans sit too much and the evidence continues to grow that “sitting” can be harmful to your health. Even people who get the recommended amount of exercise need to avoid sitting for long periods of time. Some recent studies have highlighted that leisure time spent sitting, specifically sitting during television viewing and sitting in automobiles, is linked to an increased risk of premature death. In a study tracking more than 120,000 adults, researchers found:

**...those who sat more than six hours a day were significantly more likely to die in a 14-year period than those who sat less than three hours. This association was found to be stronger in women than in men.\***

Additionally, time spent sitting, especially when watching television, is linked to greater food consumption and increased weight gain. Studies of both adults and children have shown that *reducing* the time spent sitting leads to a lower risk of type 2 diabetes and obesity.

\*Morris, JN, et al. Coronary heart disease and physical of work (parts 1 and 2). *Lancet* 1953; 265: 1053-7, 1111-20.



Instead of sitting,  
how about taking a stand and  
“Activate Your Day!”

## Activate My Day Plan



- ✓ Participate in **My Course of Action**
- ✓ Join the **WIC Wellness Works list serve**
- ✓ Complete one “**Personal Pursuit**” (an opportunity to reflect and plan) each week:
  - **Goals & Activities**
  - **Finding the Bright Spot**
  - **Imagining Success: My Active Future**
  - **Moving Forward: My Action Plan**
- ✓ Join in one of the **clinic activities** your coordinator might organize

# My Course of Action Challenge

Get more active with **My Course of Action**, a motivating and fun way to help you get your body moving more throughout the day. We aren't talking about structured exercise but about adding extra movement as you are at work, at home, or while you are out and about. Remember – even if participating in **My Course of Action** means just *thinking* about ways you can move more throughout your day – you are several steps ahead of where you were when you started.

**Get Started!** Turn to the back of this packet and tear off the last sheet. Using the **My Course of Action** guide, select activities from the activity guide list found in this packet and track your progress toward a more active path. Create a plan to reach the end of the trail in 30 days. However, everyone will move at their own pace. Some may reach the end in a couple of weeks (and may decide to circle the board twice) and others may take longer.

***The goal is to move your body on a consistent basis every day.***

## Here's how it works:

Each day, review the list of possible activities and determine which ones you can easily incorporate into your day at work and home. Some activities are worth 2 points and others that require more effort and time are worth 4. Complete a couple of 2-point activities or one 4-point activity. You decide. **Keep in mind, in order to make it around the course in 30 days, you must earn 4 points a day.**

### **Make movement a habit:**

If you select something like *“walk messages to co-workers”*, you earn 2 points even if you walked messages three times that day. Select *“stretch my back every time I leave my desk”* and you get 2 points that day no matter how many times you stretch your back. Please note that **you are tracking the number of types of activities you do, not how many times you do them.**

The more frequently you do these activities, the better you will feel. The idea is to integrate these movements throughout your day. So the more times you *“do toe raises while washing dishes,”* the more likely this will become a regular habit. Clinics may want to do this for longer or shorter than 30 days. *Structured exercise such as a 15 minute walk or using an exercise DVD does not count in this challenge but is still encouraged.*

**Remember, in order to make it around the course in 30 days, you must earn 4 points a day.**

For example, select two 2-point activities or select one 4-point activity (which requires more effort/time), or more.

**Remember, the more you do – the more you benefit!** 

# Make your move to the WIC Wellness Works Group!

Join the WIC Wellness Works list serve to stay up-to-date on strategies and motivational tips during **Activate My Day**. Each week you will receive emails with inspiring as well as practical and educational wellness tips to help keep you active. When **Activate My Day** is complete, the healthy living tips will expand to focus on a variety of physical activity, healthy eating, and stress management topics.

**Signing up is easy.** To start receiving your weekly emails soon, send a blank email to:

[wicwellness-subscribe@yahogroups.com](mailto:wicwellness-subscribe@yahogroups.com)

Remember, you may remove yourself from the list serve at any time but... why would you want to miss getting the latest wellness information?



## To summarize, you need to...

- ✓ Select activities from the **My Course of Action** activity guide and begin earning points
- ✓ Join the WIC Wellness Works e-mail (or list serve) group

Once you have completed those two steps, you can complete the first **Personal Pursuit**. Remember, the personal pursuits are a way of understanding where you are now (in terms of your current level of activity) and where you want to be in the future. The personal pursuits can also help you reflect on setting and accomplishing other goals in your life too. Complete one worksheet a week:

<b>Week One –</b>	<b>Goals &amp; Activities</b>
<b>Week Two –</b>	<b>Finding the Bright Spot</b>
<b>Week Three –</b>	<b>Imagining Your Success: My Active Future</b>
<b>Week Four –</b>	<b>Moving Forward: My Action Plan</b>

As you get moving, check in with your clinic coordinator to see what group activities are planned.

Get ready to **ACTIVATE MY DAY!**

# Goals & Activities



We often confuse our goals and activities. A goal is what you want to achieve. Think of it as a destination you want to reach. An activity is how you get there. .. the way you achieve your goal. A goal would be, "I want to have more energy." The activity to reach this goal might be, "I will walk on my break four days a week." Below, list your goal, and then list at least three activities you can do to reach the goal.

The more specific your activities are (ex: On my break, I will walk around the building for 15 minutes, four days a week), the more likely you are to succeed at them. Remember, if an activity doesn't work out well for you, it may mean you need to tweak the activity or replace it with something that works better for you and will help you achieve your goal.

**Goal**

--

*Activities to accomplish goal*


**Goal**

--

*Activities to accomplish goal*




## Finding the Bright Spot

Do you need help accomplishing your goal? There is often someone you can find who is achieving a goal similar to the one you are working on. Try to find someone offering that “bright spot.” Ask them what they are doing to achieve their goal. Take note, and try their strategies and activities.

## Find a Bright Spot in Your Community

Think of at least two people you know who face similar challenges (children, limited budget, busy schedule, lack of motivation), yet seem to be achieving their goal. Ask them how they have incorporated successful strategies (ex: time management) or activities (a walking routine) in support of that goal. You might ask:

***How have you found time for physical activity in your life? What activities do you do?***

Write down the names of two or more people to contact:

**Name** \_\_\_\_\_

**Contact information** \_\_\_\_\_



**Summarize any of their tips below that you find useful. Refer to their suggestions as you brainstorm strategies for adding more movement to your life.**

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

**Also, ask them the reasons that they are physically active. What is their motivation? Jot down their answers below and see if any of them increase your own personal motivation.**

1) \_\_\_\_\_

2) \_\_\_\_\_

# Reflect on Past Successes

You may offer your own “bright spot.” Try reflecting upon your past. Was there a time in your life that you successfully achieved the goal you are now working toward?

For instance:

- Was there a time in your life where you felt more physically fit?
- What activities were you doing at that time to support your fitness?



Even if your life is totally different now, you may be able to draw upon previous positive experiences to add movement to your life. For instance, if you enjoyed dancing, maybe adding music to your day will help you increase your movement. Or if you once enjoyed a team sport, maybe finding an exercise companion will increase your motivation. It could be as simple as you once enjoyed hanging out at the mall – so maybe you become a mall walker!

In the past, how did I successfully incorporate \_\_\_\_\_  
in my life? *[insert your goal]*

**List what worked for you below:** *(Think back to healthy activities you once enjoyed like riding a bike or working/helping in the garden).*

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

**What did you enjoy about those activities?**

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

Gardening burns over  
200 calories per hour

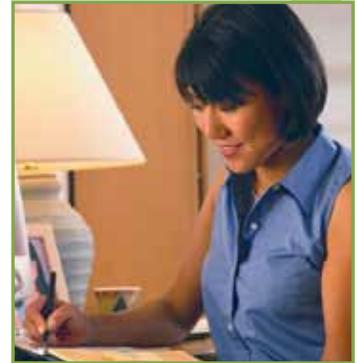


**How can you draw upon those experiences to reach your current goal?**

**What activities/strategies would be practical and motivating in your life now?**

## Imagining Success: My Active Future

Many accomplished people have listed “imagining success” as a way of later achieving it. For instance, Scott Adams, the creator of the Dilbert cartoon used to write, every day, “I will become a syndicated cartoonist.” His cartoons now appear in 2,000 papers worldwide. Jim Carrey, the comedian, wrote himself a ten-million dollar check and carried it around with him for years. What success can you imagine for yourself? Try the activity below to investigate your possibilities.



### What success can you imagine for yourself in the future?

List words or phrases that describe the **Active You** that you would like to become. Consider terms like more fit, satisfied, in control, happy, or motivated as in, “or “I will feel happier about the way I look and about my personal health.”

*In the future, I will feel.....*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

Make a list of **how you think your life will change for the better** as you move more and improve your health. Consider outcomes like having the ability to participate in activities with others, or positively impacting personal health conditions as in, “I will be able to reduce or eliminate some of the medication I am now taking.”

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

Hang onto this list. As you make progress, look back on it to see whether the terms you imagined describing your “future self” now truly apply to you!

***You have to expect things of yourself before you can do them.***

***~Michael Jordan***



## Moving Forward: My Action Plan

During **Activate My Day**, you may have discovered some types of movement or activities that you enjoyed or that you found you could easily plug into your day. Take a few moments to create a **Keep on Moving Action Plan** for the future by listing what worked for you in the following areas of your life:

**Before work** (e.g., Getting up 5 minutes early to walk around the block, stretching before getting dressed)

---

---

---

**During work** (e.g., Walking messages to colleagues' desks, walking for at least 5 minutes during breaks or at lunch)

---

---

---

**After work** (e.g., Walking in place during TV commercials, walking the dog)

---

---

---

**On the weekend** (e.g., Parking at the end of the grocery store lot, dancing with kids)

---

---

---

**Other** (e.g., Carrying one bag of groceries into the house at a time, washing windows)

---

---

---

## My Pledge to Keep on Moving

***I will continue moving my body, looking for more ways to be active in my life, and recognizing and rewarding myself for my accomplishments.***



Signed: \_\_\_\_\_

## Activate My Day

### My Course of Action

## Activity Guide

Congratulations on working toward a plan of action to move more! Your goal is to accumulate enough points to successfully move you along the **My Course of Action** activity course. **In order to make it around the My Course of Action course in 30 days, you will need to average 4 points a day.** However, please move at your own pace but please select at least one activity every day (even on weekends) with a goal of reaching the end of the course within **30 days. If you finish before 30 days, keep it up and try circling the board twice!**

**In order to make your way around the board, you will need to average 4 points every day for 30 days.**

My name \_\_\_\_\_

My goal is to earn at least \_\_\_\_\_ (#)  
of points each day

## My Course of Action Activities

- **Circle** the activities that you would like to try
- **Color** in your progress on the **My Course of Action** course found of this guide

**Note:** While we have provided a list of activities and a point system, you may substitute alternative activities as you see fit. If you do add in your own options, please be honest with yourself when you assign a 2 or 4 point value (4's requiring more time/effort). This is not a competition but please be realistic with attaching points to an activity and keep the spirit of the "game" intact. Structured exercise such as using an exercise DVD or walking for 20 minutes is not part of this challenge.

Each point represents a square on the activity course. For example, 4 points of activity = 4 squares on the activity course.

## My Course of Action Options

### \*2 Point Activities:

1. Hand deliver messages at work
2. Do toe/calf raises while I am talking on the phone at work
3. Take a minute stretch break after every hour of sitting at my desk
4. Stretch before bed for 10-15 minutes
5. March in place while talking on the phone at work
6. March in place while filing
7. Turn the TV channels manually (stand up and go to the TV)
8. Use the restroom that is the farthest away
9. March in place while talking on the phone at home
10. Stretch my upper body every time I take a break for the restroom
11. Walk up one flight of stairs instead of using the elevator/escalator
12. Stand while doing some of my work today
13. Carry one bag of groceries from the car at a time
14. March in place while I make dinner
15. Park my car at the far end of every parking lot (clinic, store, etc...)
16. Do toe/calf raises while I wash dishes
17. Do simple arm raises while I watch TV
18. Do 5 knee lifts on each leg seated or standing 5 times today

19. March in place during all TV commercials
20. Stretch my back every time I get up from a seated position
21. Try some easy "yoga in a chair" exercises
22. Play an interactive video game (like Nintendo Wii) for 5 minutes (tennis, bowling, and boxing, etc...)
23. Start staff meetings with a stretch break
24. Add a stretch break to the middle of a meeting
25. Take a stand and stretch break during a meeting
26. Stand to fold the laundry
27. Other: \_\_\_\_\_
28. Other: \_\_\_\_\_

### 4 Point Activities (these items require a bit more time and effort)

29. Walk the dog up and down the street
30. Do half squats while talking on the phone
31. Walk on my coffee break
32. Walk to do one errand
33. Wash my car by hand
34. Do simple knee lifts while seated in my chair for three minutes 4x/day
35. Try 5 wall push ups
36. Try 5 abdominal crunches
37. Walk around the outside of my house two or three times
38. Put in a children's DVD (such as "Zobey") and get up and dance with my children
39. Walk at least 10 minutes during lunch
40. Get to work early and put an exercise video in for at least 10 minutes
41. Take a 10 minute walk after one meal (breakfast, lunch, or dinner)
42. If I take public transportation to work, get off a stop early and walk
43. Other: \_\_\_\_\_
44. Other: \_\_\_\_\_

\*If you find that standing is too much for you, please adapt some of these activities to do while seated. For example, instead of standing to march in place when the phone rings, stay seated and march your feet up and down like you would do while standing.

# My Course of Action Activity Course

Color in your Progress!

**Each point earned represents a square on the playing board.** If you accumulate 4 points for the day then color in 4 squares. Use a variety of crayons, colored markers, or pencils to add some "pizzazz" to your board. See how many times you can make it around the course in 30 days.

