

Benefits of Physical Activity

Connect with us at myuha.org/wellness
& on Instagram (@wellatuha)

KEY ELEMENTS

MESSAGE IN ACTION

WORDS & ACTIONS THAT WORK

EVERYTHING COUNTS

The latest [Physical Activity Guidelines for Americans](#) state that all physical activity counts — whether it's walking for 5 minutes, climbing a flight of stairs, or dancing to your favorite song. In the past, exercise was recommended in "bouts" of 10 minutes or more, but now the research shows that even smaller amounts of exercise add up and provide health benefits, including lower risk of mortality.

Huddle prompt: How do you stay active during the work day? Are there opportunities to infuse physical activity into our day at work?

Try to stay active by sending fewer emails and delivering messages or having conversations in person.

For small teams, walking meetings are a great way to get your exercise minutes in!

Take stretch breaks, standing breaks and get up from your chair at least once every hour.

FOCUS ON THE IMMEDIATE BENEFITS

One reason people may lose motivation to exercise is not seeing the immediate results they seek. While over the long term, physical activity can help with weight management, it's helpful to focus on the immediate benefits of exercise to help you stick to a routine. For example, exercise may make you feel less stressed, more energetic, help you sleep better, improve your mood and focus or help you be more patient at home. Try to focus on the more immediate benefits you feel from exercise to help you stay committed for the long run!

Huddle prompt: How can we support each other to focus on the immediate results we get from staying active?

Consider sharing your exercise commitment with a colleague so they can check in with you and support your new healthful habit.

Consider sharing the reason why you exercise with peers, or create a motivational board.

Do an experiment to see how you feel at work on days where you exercise, and days where you do not. Consider journaling what you observe.

KNOW YOUR NUMBERS & YOUR WEEKLY GOAL

The guidelines for adults are to get at least 150-300 minutes/week of moderate intensity activity, or 75-150 minutes/week of vigorous activity (or an equivalent combination). Try tracking your exercise minutes this month and see whether you can achieve this goal!

Huddle prompt: As a team, can we work towards our weekly physical activity goals this month?

Pair up with colleagues to go for walks on your break.

Schedule exercise on your calendar just as you would a doctor's appointment.

Celebrate your wins! If you achieve your exercise goal each day, celebrate your success (ideally a non-food celebration).