

The Move More Plan

For both yourself AND your employees



**Fitness &
Movement**



**Flexibility &
Ergonomics**



**Nutrition &
Well-Being**

The Move More Plan

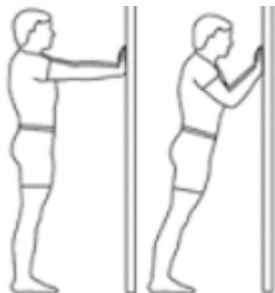
Step 1 = Fitness



- ✓ Take a **10 minute walk** or stair break, **3x per day**
- ✓ When you return to your workstation, do 1 round of the **“P.S.” Workout** (P.S. Don't forget strength training!)

10-15 **P**USHUPS

10-15 **S**QUATS

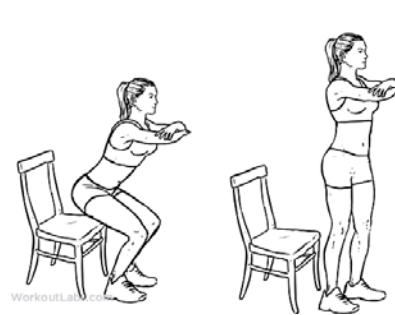


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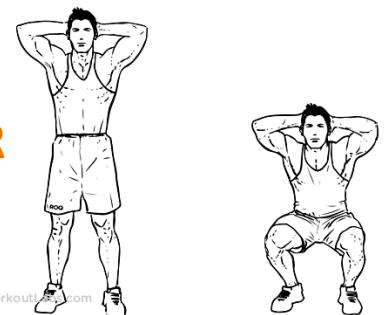


VERSION 1
Wall Pushup

VERSION 2
Desk Pushup



OR



VERSION 1
Chair Squat

VERSION 2
Bodyweight Squat

YOUR DAILY TOTAL = 30 minutes walking, 30-45 pushups, 30-45 squats!

Stretches & Posture

Step 2 = Flexibility & Ergonomics



✓ Stretch as often as needed



✓ Practice correct posture



When working on a computer:

- Elbows at a 90 degree angle
- Computer screen at eye level
- Feet flat on the floor

Education and Awareness

Step 3 = Nutrition & Well-Being



✔ Offer healthy options

- Nutrition seminars
- Healthy cafeteria choices
- Overhaul vending machines
- Provide fresh fruit
- Host a farmer's market
- Distribute a list of healthy takeout/delivery menus
- Healthy food truck visits
- Don't reward with food

✔ Support well-being

- Encourage social interaction and support
- Offer EAP/Employee Assistance Programs
- Workplace massages
- Seminars on better sleep, relaxation, meditation
- Yoga classes
- Healthy "break" habits

No Cost Resources

Health Kits | Workplace Challenges *

- 1) Nutrition and Fitness
- 2) Emotional Health
- 3) Musculoskeletal | Back Pain

LunchWell *

Helping employees make healthier lunch choices

Guide to Planning a Wellness Fair *

* Located on Time Well Spent

The Weight Center

Log in to your plan website with your member login. Click on the Health & Wellness tab, then under the Health Topics section, click on Weight Management.



LunchWell

**Power your lunch.
And your day.**

1 Ounce Whole Grain
+
1 Serving Protein
+
1 Cup Fruit
+
1 Cup Vegetables

**A Healthy Lunch
to keep you
fueled up all day.**

The Emotional Health Kit
Tools for promoting a healthier state of mind