

**get active**  
Cause. Community. Change.

**2gether**



[www.getactivewisconsin.org/woodcounty](http://www.getactivewisconsin.org/woodcounty) | PH 715.421.8911 | FX 715.421.8962

Made possible by funding from the US Health and Human Services, Wisconsin Department of Health Services and Wood County Health Department

# GetActive 2gether



## Become a GetActive Organization:

### Why is Physical Activity Important?

Regular physical activity is one of the most effective ways to prevent disease. Regular physical activity can reduce feelings of depression, increase stamina and strength.

When combined with a healthy diet, it can also decrease obesity and risk factors for cardiovascular disease such as, diabetes, high cholesterol, high blood pressure and stroke. Becoming a GetActive 2gether organization will

not only increase the productivity of individuals and increase overall wellness, but it will also show that your organization promotes healthy and active living and that you value the health of the individuals within your organization.

## GetActive 2gether TOOLKIT 4 FOCUS AREAS:

### ENVIRONMENTAL CHANGE

Create an environment that increases access and appeal of physical activity. Environmental support refers to the physical factors at and nearby the workplace or organization that helps to protect and enhance an individual's health. For example, a stairway improvement effort can enhance the appeal of physical activity through stair use. (4)

### SOCIAL SUPPORT NETWORKS

Social programs are informational approaches directed at changing knowledge or attitudes about the benefits of and opportunities for living a healthy lifestyle. Behavior

or social approaches are designed to teach individuals the behavioral management skills necessary for successful adoption and maintenance of behavior change. A social support network can also be motivational for individuals within the organization. (4)

### LIMIT SCREEN TIME

Limiting recreational screen time such as, computers, television and video games at home will leave more time for physical activity. Screen time contributes to obesity, sleep disorders and unhealthy eating habits. Extended periods of screen time can also contribute to aggression in children as well as attention problems and problems in school. Limit recreational screen time to 1-2 hours a day. (2)

### IMPLEMENT POLICY AND CHANGES THAT CREATE PHYSICAL ACTIVITY OPPORTUNITIES

Organizational changes alter elements of the workplace/group structure, culture, practices and policies such as health benefits, health promotion programs, work organization, and leadership and management support. Health related policies are formal or informal written statements that are designed to protect or promote a group's health. Supportive health policies affect a large number of individuals simultaneously and make adopting healthy behaviors much easier. (4)



# The Facts



## Interesting Facts About Physical Activity:

- Walking 30 minutes a day and losing 10 pounds reduces your risk for diabetes by 58%. (9)
- A 150 pound person can burn 10 calories taking the stairs and only 1.5 calories using the elevator. (4)
- Being physically active is good for your health and can assist in weight loss when combined with healthy eating. Did you know that losing 30 pounds is equivalent to the amount of cheese an American consumes in one year.
- Barriers for people not being physically active are accessibility to fitness centers or fitness equipment, lack of time during the day and safety of the environment. (7)
- Start small with a small amount of activity and build your way up. Splitting up physical activity into three 10 minute time slots throughout the day is just as effective as doing 30 minutes of physical activity at once. (7)
- Lack of physical activity is a large contributor to obesity and obesity leads to numerous health problems, as stated in the previous section. Health Care Costs in the state of Wisconsin are estimated to be 1.5 Billion dollars. (5)
- Physical activity throughout the day can regenerate the body for the rest of the days activities. Not only can it regenerate the body, but it can also contribute to a better state of mental health and reduce stress.
- 50% of Wood County residents are not physically active. By implementing physical activity policies and by changing the environment to include more physical activity opportunities, residents of Wood County can gain the knowledge, motivation and accessibility to become more physically active. (8)

# Environmental Change



## What Surrounds You, Shapes You

Interest in environmental and policy strategies to promote physical activity has grown over the last few years and there is now an increasing body of evidence supporting such approaches. Environmental and policy approaches may be especially important as they can benefit all people exposed to the environment rather than focusing on changing physical activity behavior one person at a time. Below are examples of environmental changes that your organization can make in order to promote physical activity. (3)

## Examples of Environmental Changes that Support Physical Activity:

- Provide shower and/or changing facilities on-site
- Provide outdoor exercise areas such as fields and/or trails for employee or member use
- Enhance bike parking to promote active commuting
- Offer bicycle rentals to employees during the day or overnight
- Provide bicycle racks in safe, convenient and accessible locations
- Offer on-site fitness opportunities, such as group classes or personal training
- Offer and encourage participation in after-work recreation or sports leagues
- Allow after hours access to recreational facilities to employees or members
- Provide a fitness facility or equipment either on-site or nearby
- Map out on-site trails or nearby walking routes and destinations at [www.mapmyrun.com](http://www.mapmyrun.com)
- Design walking routes on-site or in nearby areas
- Provide on-site childcare
- Paint stairwells bright, vibrant colors or paint a mural
- Post motivational signs at elevators & escalators to encourage stair usage or other physical activity (See the following pages for examples) (4)

# Physical Activity Will Add Years to Your Life, and Life to Your Years.

## Take The Stairs



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# Change Happens One Step at a Time...

## Take The Stairs



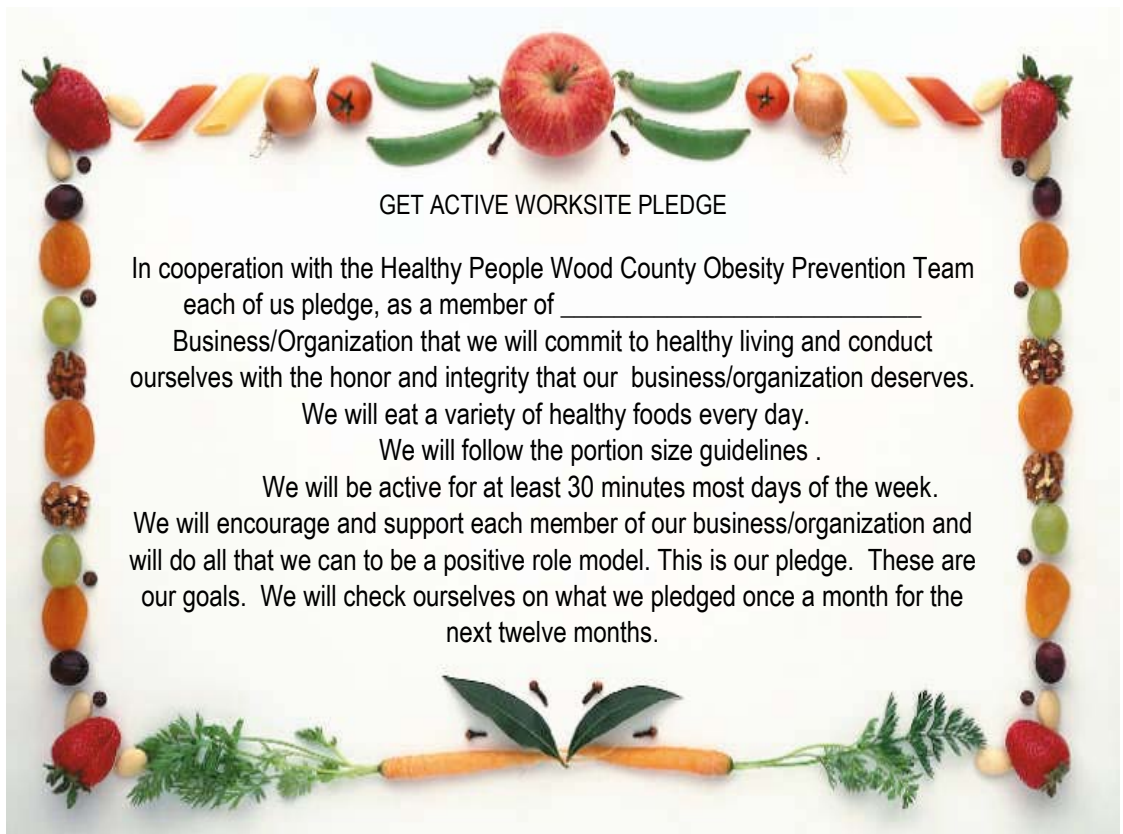
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# Social Networks

## Examples of Programs and Services That Enhance Social Support:

- Buddy or “team” physical activity goals
- Programs that involve the whole family
- Programs to encourage physical activity, such as pedometer walking challenges
- Providing or supporting recreational leagues and other physical activity events (on-site or in the community)
- Employee/member activity clubs (e.g., walking, bicycling, gardening) and other physical activity events (4)



### GET ACTIVE WORKSITE PLEDGE

In cooperation with the Healthy People Wood County Obesity Prevention Team each of us pledge, as a member of \_\_\_\_\_

Business/Organization that we will commit to healthy living and conduct ourselves with the honor and integrity that our business/organization deserves.

We will eat a variety of healthy foods every day.

We will follow the portion size guidelines .

We will be active for at least 30 minutes most days of the week.

We will encourage and support each member of our business/organization and will do all that we can to be a positive role model. This is our pledge. These are our goals. We will check ourselves on what we pledged once a month for the next twelve months.

# Examples of Worksite/Group Challenges and Ways to Increase Physical Activity Daily

- **Walk Coast to Coast:**

It is 3,000 miles from East coast to West coast. During this 60 day challenge, increase your daily steps by 3,000. On average, there are 2,000 steps in a mile. By increasing the number of steps you take by 3,000 you will burn extra calories and feel better. To begin this challenge, each participant must get their average amount of daily steps. To do this, record the amount of steps for one week prior to challenge. Take that number and divide it by 7. This will equal the average number of steps a day for that participant. The participants will then add 3,000 steps to that number.

- **Three Week Marathon:**

A marathon is 26.2 miles, participants will get two weeks to walk the length of the marathon. Substitutions may be made in moderation. Weight lifting for 30 minutes will be equal to 1 mile. To complete this challenge, one must walk a little over a mile a day to finish within the time frame. The participants may walk as much as they would like in one day. There are no daily limits set for walking. If a substitution of weightlifting is used, walking may not be counted that day. You will track how many miles you run or walk each day. For every 30 minutes of weight training you may substitute 1 mile up to 3 times a week.

- **Ironman:**

This challenge is a 2.4 mile swim/ 112 mile bike/ 26.2 mile run. Participants will get 90 days to complete an Ironman. In this challenge the participants will be pushed to complete 140.6 miles of physical activity. Each participant will log their miles on a tracking sheet to be turned in at the end of 90 days. Substitution may be made with the 2.4 mile swim portion. Participants may substitute the swimming with any different activity. For example, one hour of kayaking, hiking, rollerblading, weightlifting, or any other physical activity will equal 1 mile. Substitutions may be made for running/swimming.

\*You will find tracking sheets for the above challenges on the Get Active website under the Get Active worksites tab, go to [www.getactivewisconsin.org/woodcounty/](http://www.getactivewisconsin.org/woodcounty/)

## Increase Daily Steps

### 10 ways to add additional steps to the day!

1. Walk around the block when getting the mail.
2. Walk around the outside aisles of the grocery store before shopping.
3. Walk the track at a nearby high school—four laps is roughly 2,000 steps.
4. Make several trips up and down the stairs doing laundry or other household chores.
5. Pass by the drive-thru window and walk into the bank or restaurant.
6. Stroll the halls while waiting for an appointment.
7. Listen to music or books on tape while walking.
8. Invite friends or family members to join you for a walk.
9. Walk with your kids to school.
10. Take the dog for a walk around the neighborhood.

Healthy Workforce 2010





## 12 - Week Guide to Healthy Walking

There are 1440 minutes in every day...  
Schedule 30 of them for physical activity.

<u>Week</u>	<u>Minimum Days</u>	<u>Warm Up</u>	<u>Push</u>	<u>Cool Down</u>	<u>Total</u>
1	3	5 min slow	5 min brisk	5 min slow	15 min
2	3	5 min slow	7 min brisk	5 min slow	17 min
3	3	5 min slow	9 min brisk	5 min slow	19 min
4	3	5 min slow	11 min brisk	5 min slow	21 min
5	4	5 min slow	13 min brisk	5 min slow	23 min
6	4	5 min slow	15 min brisk	5 min slow	25 min
7	4	5 min slow	18 min brisk	5 min slow	28 min
8	4	5 min slow	20 min brisk	5 min slow	30 min
9	5	5 min slow	20 min brisk	5 min slow	30 min
10	5	5 min slow	20 min brisk	5 min slow	30 min
11	5	5 min slow	20 min brisk	5 min slow	30 min
12	5	5 min slow	20 min brisk	5 min slow	30 min

www.eatsmartmovemore.com

## 12 Easy Ways to Get Active During the Day!

- 1. WEAR A Pedometer AT WORK.** Since every step counts, wearing a pedometer is a wonderful motivator to move more during the workday.
- 2. WALK AROUND THE OFFICE.** There is no need to sit still while talking on the phone or thinking. Pacing and fidgeting are physical activity.
- 3. WALK AROUND THE BUILDING.** Sometimes a face-to-face talk is the best way to communicate (and it gets you up and moving around).
- 4. WALK UP (AND DOWN) THE STAIRS.** If you have a choice, always take the stairs. Take as many trips up and down as possible.
- 5. WALK AROUND THE BLOCK.** Do you have a coffee break or a few free minutes? Take a walk outside and get some fresh air.
- 6. WALK AND TALK.** Need to discuss something with a co-worker? A walking meeting can be more productive and healthier too!
- 7. LIFT WEIGHTS WHILE TALKING.** Keep a weight near the telephone; pick it up when answering a call and lift the weights while on the phone.
- 8. TAKE A WEIGHT BREAK.** Feeling tired and bogged down? Take five minutes to lift hand weights and get the blood flowing.
- 9. WORK THOSE ABS.** Strengthen tummy muscles while sitting in a chair. Sit straight, tighten muscles and release. Repeat.
- 10. STRETCH ARMS AND LEGS.** Stuck at a desk? Use a resistance band for a five minute stretch. Mind and body will be more flexible.
- 11. STRETCH THE STRESS AWAY.** Tension in the shoulders, neck and back is easy to release with standing stretches and a resistance band.
- 12. CHECK YOUR Pedometer.** How many steps are taken during a typical workday? Brainstorm ideas for adding a few extra steps to the workday.

www.eatsmartmovemore.com



# Limit Screen Time



Obesity rates have been linked to 4 or more hours of recreational screen time a day. Limiting recreational screen time to 1 to 2 hours per day can decrease the risk for leading a sedentary lifestyle. By limiting screen time, a person is more likely to engage in physical activity, have better sleep patterns and have better eating habits. People are also more likely to have better social skills. (2)


## Screen Free Activities:

- When doing housework, make sure to include the entire family
- Eat a healthy dinner with the family and no screens
- Do yard work or shovel
- Walk to the park
- Take the dog for a walk
- Spend time with the family outdoors
- Go on a nature walk
- Work in the garden
- Read a story and then act it out with the kids
- Build something
- Go on a bike ride
- Go rollerblading or ice skating
- Join a fitness class, such as yoga or zumba
- Turn on the radio and dance around the house
- Play any outdoor sport that is in season

I, \_\_\_\_\_, pledge that:

- I will limit my recreational screen time to 1 - 2 hours a day. Recreational screen time includes, television, video games, computer and other electronic devices.
- I will replace screen time with physical activity and family time.
- I will encourage my friends and family to limit their screen time.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_



# Policy and Systems Change

## Sample policy changes that support physical activity are:

- Physical activity and stretching breaks during meetings and/or full day conferences and events.
- Allow all employees or members two 15 minute walking breaks during the day.
- Encourage employees to do physical activity for 30 minutes during the work day, providing that it does not cause the employee to receive overtime and as long as their job duties allow.
- Flextime policies allow for employees to work out before, during or after work. If their workout goes into their workday they are allowed to make up that time before or after the workday on that day. Time out of workday should not exceed 30 minutes.
- Explore discounted or subsidized memberships at the local health clubs, recreation centers or YMCA's for employees or members.
- Healthy lifestyle cash or gift incentives or reduced health insurance costs for participation in physical activity and/or weight management or maintenance activities.
- Encourage all employees that sit during the day to move for at least 3 minutes every 60 minutes they are sitting.
- If your organization has the space, mark an indoor walking path for employees or members to use throughout the day.
- If available, designate space for stretching or physical activity during the day.

# Sample Physical Activity Policy

For use within any organization/agency or community group.

**Whereas:**

\_\_\_\_\_ (fill in your worksite, church, school, etc., name here) is concerned about the health of our \_\_\_\_\_ (employees, members);

**Whereas:**

People have become more and more interested moving more;

**Whereas:**

Obesity is on the rise and is the cause of many preventable diseases such as Cardiovascular Disease, Obesity can be the cause of what we eat and how physically active we are;

**Whereas:**

Regular physical activity provides for increased quality of life through improved endurance, strength, flexibility and balance, as well as reduced risk of chronic diseases, injury and perception of stress;

**Therefore:**

Effective \_\_\_\_\_ (today's date), it is the policy of \_\_\_\_\_ (fill in your organization's name) that activities and events sponsored or supported by this organization will always include opportunities for physical activity by :

• **Building physical activity breaks into meetings**

Examples include facilitated activities such as stretch breaks or icebreakers.

• **Identifying physical activity opportunities**

Examples include provision of map with walking routes and local attractions; identification of recreational and exercise facilities; organization of walking groups and other group activities.

• **Supporting schedules to allow physical activity**

Examples include flexible work schedules; longer lunch breaks to allow activity; as well as scheduled and/or facilitated stretch breaks integrated into meeting agendas.

• **Providing encouragement from group leadership to engage in physical activity**

Examples include community promotion of healthy lifestyles; employee leadership promoting physical activity for employees; group leadership being role models for physical activity.

\_\_\_\_\_  
Signature Title

\_\_\_\_\_  
Name of Organization, Faith Group, Community Group, Worksite

\_\_\_\_\_  
Date

\* Sample Physical Activity Policy from [www.eatsmartmovemorenc.com](http://www.eatsmartmovemorenc.com)



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3. Centers for Disease Control: Physical Activity: <http://www.cdc.gov/physicalactivity/professionals/environment/index.html>
4. Eat Smart Move More: [www.eatsmartmovemorenc.com](http://www.eatsmartmovemorenc.com)
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6. Marshfield Clinic, (2008). Promoting Healthy Lifestyles: Employer Toolkit
7. The President's Council on Physical Fitness and Sports: [www.fitness.gov/resources\\_factsheet.htm](http://www.fitness.gov/resources_factsheet.htm)
8. Wood County Health Department: GetActive Power Point Presentation
9. Worksite Wellness Resource Kit: <http://www.dhs.wisconsin.gov/health/physicalactivity/Sites/Worksitekit.htm>

- Additional Resources can be found online at [www.getactivewisconsin.org/woodcounty/](http://www.getactivewisconsin.org/woodcounty/)

