

in motion ! "BINGO"

M	O	T	I	O	N
Walk or Ride Your Bike To Work Today!	Enjoyed 30 minutes of physical ACTIVITY today	Had 1 serving from meat & alternatives group at lunch today	Park your car several blocks away from work and WALK today!	Did 10-15 minutes of STRETCHES or WEIGHTS today!	Enjoyed a refreshing OUTDOOR walk...30 minutes or more is great!
Ate 7 fruits and veggies today!	Take your phone calls STANDING UP today!	Snack on raspberries, pears, apples, oranges, or nectarines for extra FIBRE!	Did 10-15 minute STRETCHES today.	Enjoyed 30 minutes of physical ACTIVITY today.	Ate breakfast everyday this week!
Try a new "healthy RECIPE...if you like it, share it!	Each time the phone rings today, tighten your stomach while you talk!	Did 10-15 minutes of STRETCHES today!	WILD & CRAZY DAY! (anything goes!)	WALKED somewhere you usually drive to.	Clean your house for 30 minutes today!
Enjoyed a refreshing OUTDOOR walk...30 minutes or more!	Add HUMOR in your workplace today, share a joke with your coworker!	Make up your own HEALTHY square!	Take the STAIRS instead of the elevator today!	Did 10-15 minutes of LIGHT CLEANING in the workplace today!	Try a NEW activity or one you haven't done in a long time!
DRANK water often today	Enjoyed 30 minutes of physical ACTIVITY today!	Brought 2 fruits to work...one for AM Coffee ...one for PM Coffee	Did 10-15 minutes of stretches or PLAYED an equal time with kids or pets!	Enjoyed 30 minutes of physical ACTIVITY today!	Had a relaxed SIT-DOWN meal with friends or family.

Try to **STAMP** at least one square a day...but no more than 6 in a week!
Aim for a **BLACK OUT** for the month!

NAME: _____

RETURN BY: _____

Thanks to the creative crew at Public Health Service, Saskatoon District Health for creating this challenge!

"Sneak it in" Challenge - Every bit of movement helps!

Adopted from ParticipACTION's April "Sneak it In" Campaign



NAME: _____

MONTH:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Week
<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	Week 1 Total:
<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	Week 2 Total:
<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	Week 3 Total:
<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	Week 4 Total:
<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	<div></div>	Week 5 Total:
							=
							Month Total

"Sneak it in" Challenge

Every bit of movement helps!

Adopted from ParticipACTION's April "Sneak it In" Campaign

What do you do?

- ♥ It is recommended that adults get at least 150 minutes of moderate to vigorous exercise each week. And as little as 10 minutes at a time can have benefits!
- ♥ Sneaking in a little physical activity into your workday isn't too difficult
- ♥ Have a look at some of the tips
- ♥ Record your 'sneak it in' minutes in the calendar attached
- ♥ Have fun and every bit of movement helps!

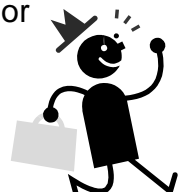
Benefits of being "in motion":

- *Your are never too young or old to benefit from being physically active.*
- *One proven way to cope with stress is regular physical activity.*
- *Walking is the number one activity for people and is an effective and inexpensive way to maintain a healthy body weight.*
- *Physical activity need not be strenuous to be beneficial.*
 - *Being physically activity can reduce your risk of developing many diseases such as type 2 diabetes cancer or heart disease.*

Tips to "sneak it in"

- ♥ Use your lunch break to get out and take a walk. Bring a colleague or two, or even start a lunch walking group
- ♥ Book a meeting room for a short yoga session or take advantage of the green space around your workplace
- ♥ Have a walking meeting
- ♥ Park 10 minutes away from the office
- ♥ Hop off public transit a few stops sooner
- ♥ Go "power shopping" and get active while running errands
- ♥ Build in a couple of 10 minute activity breaks for day-long meetings and conferences
- ♥ Plan off-site meetings at venues that offer access to fitness facilities, walking routes or trails
- ♥ Start a lunchtime stair-climbing club with friends at work
- ♥ Walk, cycle or wheel (such as in-line skating) to work
- ♥ Go for a 10 minute power walk instead of taking a coffee break
- ♥ Don't overbook yourself. Schedule exercise time on your business calendar and treat it as any other important appointment
- ♥ Keep inexpensive exercise equipment (small weights, resistance bands, a mat, etc) at work
- ♥ Go and talk with your colleague instead of calling or e-mailing
- ♥ Stand while talking on the phone

EVERY BIT OF MOVEMENT HELPS!!





The 5 PLUS 5+ Challenge



Physical Activity

Enjoy 30 minutes of physical activity at least five days each week. Each square represents 10 continuous minutes of physical activity.

Check off one square each time you engage in 10 minutes of physical activity.

Physical Activity

Vegetables & Fruit

Monday									
Tuesday									
Wednesday									
Thursday									
Friday									
Saturday									
Sunday									
Monday									
Tuesday									
Wednesday									
Thursday									
Friday									
Saturday									
Sunday									

Name: _____

Return By: _____

Return to: _____

Vegetables & Fruit

Eat **more** than 5 servings of vegetables & fruit each day. Check off a square each time you eat a serving of vegetables and fruit.

Females 19-50yrs — 7-8 servings/day; **51+years** 7 servings/day

Males 19-50yrs — 8-10 servings/day; **51+ years** 7 servings/day

Physical Activity

Vegetables & Fruit

Monday									
Tuesday									
Wednesday									
Thursday									
Friday									
Saturday									
Sunday									
Monday									
Tuesday									
Wednesday									
Thursday									
Friday									
Saturday									
Sunday									
Monday									
Tuesday									
Wednesday									
Thursday									
Friday									
Saturday									
Sunday									



Poker Fun Walk

Overview

Based on the number of times, or the distance walked, participants receive at least 5 playing cards. The best hand(s) wins a prize. The following ideas have come from leaders across the province and I cannot take credit for any of them. Version #1 is for a One time Event. Version #2 spreads the activity over a week or two, reinforcing regular activity.

VERSION # 1: A One Time Event

- Select a route that would take about 30 minutes at a light to moderate pace to complete
- Select 5 stations along that route, each manned by a volunteer, and create a map for participants
- Everyone starts at a designated time
- Participants pick up a playing card at each station
- Best hand(s) win prizes
- **Consider the following add-ons:**
 - Lead group through appropriate stretches before their walk
 - Serve healthy snacks at end of walk
 - Arrange for displays, entertainment at end of walk to entertain group while slower walkers finish
 - Choose an accessible route to accommodate parents with strollers and people using wheelchairs
- **Variations:**
 - A route of any length is OK- offer shorter routes for less active individuals or tight schedules-offer additional stations for the faster walkers
 - Set up station (safety info); health unit (sun sense); rec centre (program info)

VERSION # 2: Walk on your Break Challenge

- Choose a designated week for the Challenge
- Every time a participant walks at lunch or on break, they receive a playing card from a designated person (receptionist, etc)
- Stipulate that the walk be at least 10 or 15 minutes
- **Consider the following add-ons:**
 - Lead the group through appropriate stretches on the first day of the challenge
 - Hold a lunch and learn on related topics (choosing shoes, setting goals, etc)
 - If the lunch hour is 1 hour, and it is a realistic goal- request participants walk at least 30 minutes to qualify for the card
 - Walk out various routes of different lengths ahead of time, and mark on a map so participants know where to go
 - Extend the walking challenge all summer by asking people to add up kilometers or minutes walked then offer prizes or a celebration

- **Variations:**

- If it is not a realistic goal to ask participants to walk every day during your Challenge Week, then increase the time frame to 2 weeks- they must walk at least 5 times to get a poker hand, those who walk more often will get more cards and improve their chances
- If there is a chance to collect more than 5 cards- decide whether the participants keep all the cards right to the end, or whether they are to replace a card in their hand each time they collect a new card (similar to telling the dealer to “hit me”)

Poker Hand Rankings (in order of highest ranking hand to lowest ranking hand)



Royal Flush: The five highest cards, the 10 through Ace, all five of the same suit. A royal flush is actually an ace-high straight flush. Which suit it is doesn't matter in poker. Two people with royal flushes should tie.



Straight: Any five consecutive cards of mixed suits. Ace can be high or low.



Straight Flush: Any five cards of the same suit in consecutive numerical order.



Three-of-a-Kind: Three cards of the same denomination.



Four-of-a-Kind: Four cards of the same denomination.



Two Pair: Any two cards of the same denomination, plus any other two cards of the same denomination. If both hands have the same high pair, the second pair wins. If both pairs tie, the high card wins.



Full House: Any three cards of the same denomination plus any pair of a different denomination. Ties are broken first by the three of a kind, then a pair.



Pair: Any two cards of the same denomination.



Flush: Any five non-consecutive cards of the same suit



High Card: If no other hand is achieved, the highest card held wins.

Climbing Mount Everest

Convert your workplace stairwell into Mt. Everest for this popular exercise journey! This is a great way to incorporate extra physical activity into the employee's day.



Starting point!

- This challenge is based upon calculations from Mount Everest. Mount Everest is 29,030 feet, if you would like a shorter challenge, try climbing Mount Logan which is 19,850 feet. You can apply this challenge into any distance (walk across Saskatchewan or even Canada) all you have to do is figure out the calculations.
- To climb Mount Everest, we suggest that it would take approximately 11 weeks (it all depends on the amount of stairs you climb each week).
- This challenge is great, because it can be done at a slower pace, you could take the entire summer to complete it if you want.
- Have a department challenge for the trek up Mount Everest; combine everyone's scores to get there faster!
- Be creative; keep track of everyone's progress on a large chart depicting a mountain for all to see. As well, track individual progress on a computer spreadsheet, so that it is easy to calculate totals and track progress.
- Calculations for this challenge are as follows: Mount Everest is approximately 29,030 feet, what you need to determine is how many stairs make-up one floor at your workplace. Each stair/step represents one foot of the mountain. To make it easier, find out how many floors you have to climb instead of counting each stair every time. To do this, divide the height of the mountain by the number of stairs in between each floor.

For example, if you have 18 stairs between floors follow the calculation below:

- $29,030 \text{ divided by } 18 = 1613$

Therefore the group would have to climb 1613 floors in order to say they have climbed Mount Everest!

Note: Walking from the 1st floor to the 3rd floor is two floors not three.

When you have reached the “summit” make or draw a flag to display your accomplishments!

Collect your *in motion* 'Active Bucks' Today!

Be sure you do something today such as:


- Taking the stairs
- Park your car far away and walk to work
- Ride your bike
- Take an aerobics class
- Take a walk break instead of a smoke break

Remember you don't have to do 30 minutes of activity all at one time. You can break them down to 5-10 minute bouts through out the day and add them up. If you do 30 minutes of activity 3 times a week, you will receive an "Active Buck" from your *in motion* Leader or Champion. If you do 30 minutes of activity 6 times a week and you can receive 2 "Active Bucks". Collect these active bucks and you may receive a small reward a week or collect many to receive one big reward every month or two.


Reward Ideas May Be:

- Free Coffee (1 "Active Buck")
- Go out for lunch (2 "Active Bucks")
- Free Movie or Play Tickets (3 "Active Bucks")
- Free Round of Golf with your Boss (4 "Active Bucks")
- Your own Ideas

CUT HERE



Active Buck



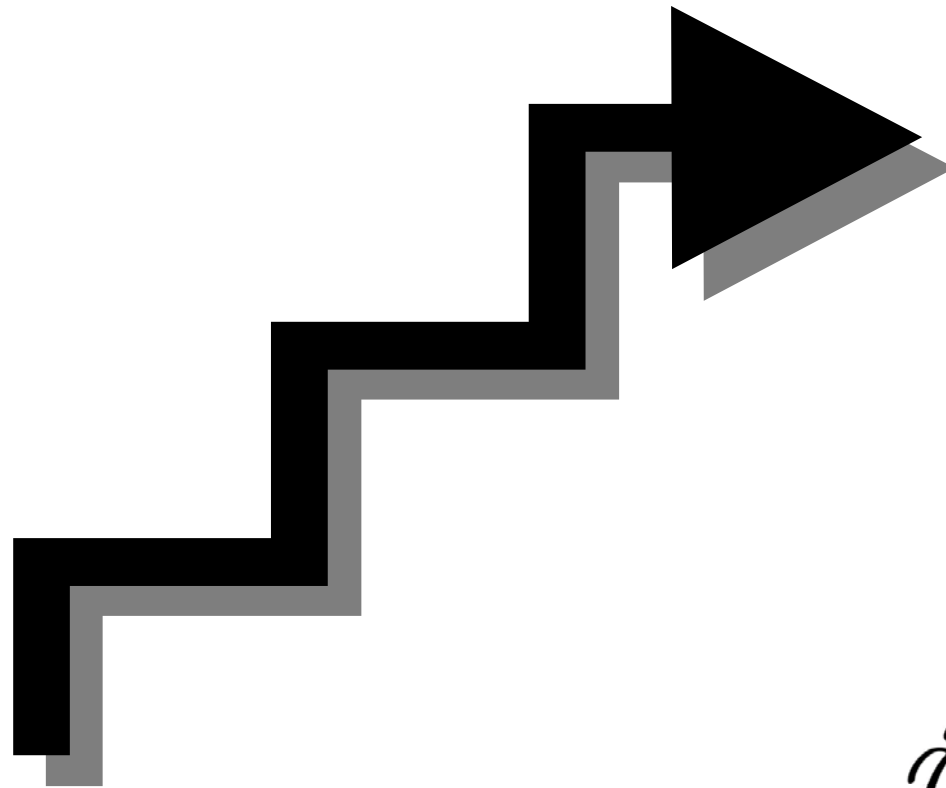
I hereby offer you one *in motion* 'Active Buck' for making healthy lifestyle choices and being "in motion"!.
Please save and collect points to get a free_____

Signature: _____

In motion Motivational Stairway Signs

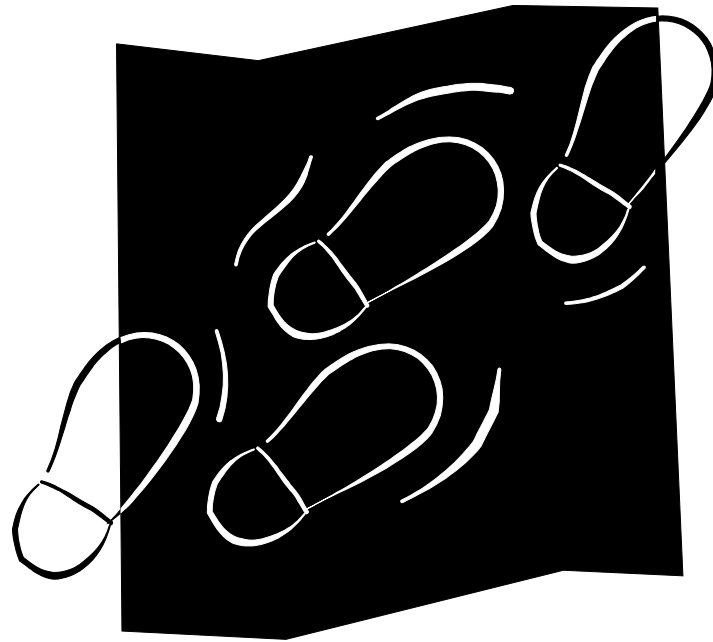


From GROUND level, it's all up from here.



in motion
Physical Activity - do it for life!

The only way to get to the top is ONE step at a time.



in motion™
Physical Activity - do it for life!

TWO be fit or not TWO be fit? That is the question?



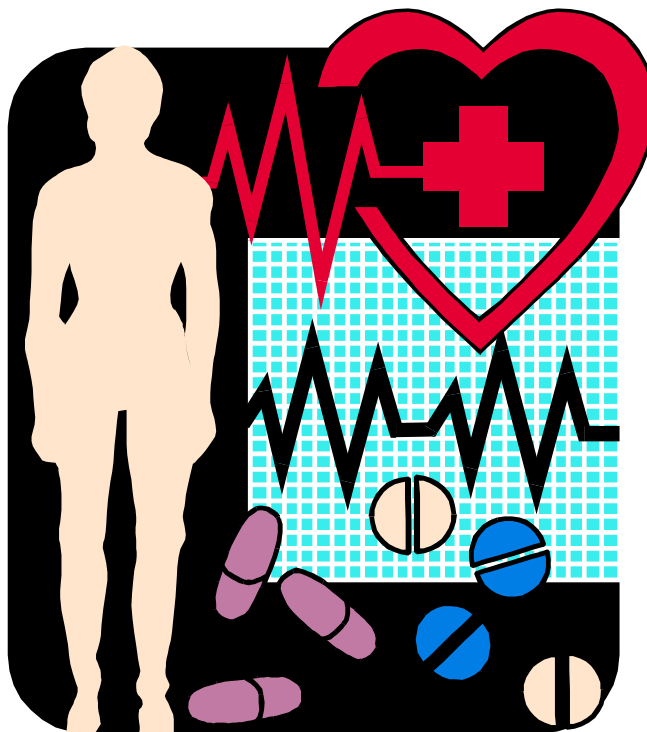
in motion[™]
Physical Activity - do it for life!

THREE is not a crowd when you are getting fit!



in motion[™]
Physical Activity - do it for life!

FOUR ever FOUR my heart



in motion[™]
Physical Activity - do it for life!

1,2,3,4, FIVE, Everybody climbing here is glad to be alive!



in motion[™]
Physical Activity - do it for life!

SIX, SIX, Strengthen you Sticks!

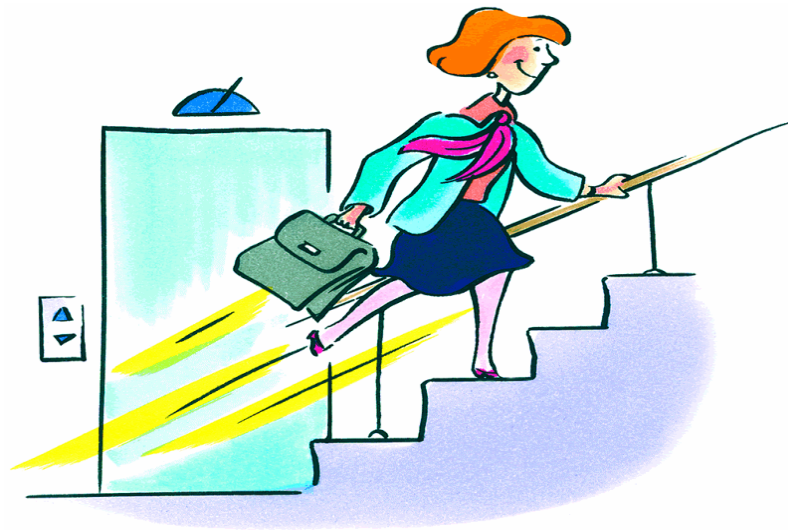


in motion
Physical Activity - do it for life!

And she's/he's climbing
the stairway to SEVEN.



Hurray! Hurray!
You made it to EIGHT, keep
it up for a Healthy Weight.



in motion
Physical Activity - do it for life!