

# HAPPY

# Healthy

# 2018!

Let's face it, when it comes to physical activity, most of us can talk ourselves out of it. We use excuses such as, I don't have enough time, or I don't have a place or location

to workout. But the hard fact is that physical activity is the best way to increase our strength and decrease the onset of debilitating health issues such as hypertension, diabetes, cancer, and obesity.

If you have not made a resolution for 2018, we encourage you to make some considerations regarding your health and well-being. We encourage you to **MOVE!!**

Let's **CHALLENGE** ourselves to be more physically active!

Here are a few suggestions to get you started (*work within your physical abilities*):

- ✓ Walk for 5 minutes on your break or on all breaks
- ✓ Climb the stairs instead of taking an elevator
- ✓ Park farther away from an entrance
- ✓ Take your dog for a walk
- ✓ When watching TV, walk in place during commercials
- ✓ Invest in a step tracker and push for 10k steps or more each day

If you work in an office environment, set a timer every hour to:

- ✓ Do 10-20 squats
- ✓ Do 10-20 jumping jacks
- ✓ Do 10-20 sit ups, or
- ✓ Using a desk, chair, or wall to do 10-20 push-ups, etc.

Physical activity in small increments will pay off in a big way! You'll feel more energized, more focused, and you'll build strong muscles, too! Keep a log of your accomplishments, it will help to encourage, motivate, and challenge you!

Happy New Year from the Oklahoma Joint Health Committee! Look for more healthy tips, recipes, and updates on the SolidaritUS implementation each week in the Wellness Wednesday communication.