



ChallengeME MONTHLY MINUTE



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Monthly topic:

Move More

Build your own exercise circuit:

Choose 3-4 exercises from each category. Alternate cardio and strength exercises in short bursts of 30 seconds and 3 minutes, then repeat the circuit two to three times.

Cardio exercises:

- Jumping Jacks
- Squat Jumps
- Jogging or Marching in Place
- Stair-Climbing or Step-Ups
- High Knees
- Mountain Climbers
- Star Jumps
- Burpees

Strengthening and stability exercises:

- Plan and Side Plank
- Pushups
- Sit-Ups or Crunches
- Hip Lift or Bridge Position
- Tricep Dips on a Chair
- Lunges
- Squats or Chair Position
- Wall Sits

Learn more ways to add activity to your routine at: <http://heart.org/movemore>

Ways to Move More Every Day

Drink lots of water: More water = more bathroom breaks, and another excuse to get up and stretch your legs.

Walk while talking on the phone: Head outside for a stroll while listening in on that conference call or while calling your mom on a Saturday.

Take lunch outside: Order lunch from somewhere nearby, and then walk over to pick it up.

Get a standing desk: Using a standing desk often encourages people to move more in other ways throughout the day. Try to stand for 2 to 4 hours a day.

Try walking meetings: Instead of sitting in a conference room or at someone's desk, try talking on the go.

Clean your desk: Stand up and throw away old scraps of paper and food. Don't forget to wipe down your desk and keyboard, which are breeding grounds for bacteria.

Park further away: At work or the grocery store, park at the back of the lot to allow more time for walking.

Work out while watching TV: Walk on the treadmill, stretch your arms, or pedal on a stationary bike to keep you active instead of just collapsing on the couch when you get home.

Set a reminder to take breaks: Use your phone's alarm to remind yourself to take a break every 30 minutes, even if just to stand up and stretch.

Use your time wisely: While waiting for food to cook or papers to print, stand and do some gentle stretching or exercises. Try some calf raises or maybe even some squats or jumping jacks.

Turn household chores into a dance party: It sounds cheesy, but dancing can make mundane tasks like vacuuming or doing the dishes so much more fun. Plus, it's a great calorie-burner and engages your entire body!



10
Minutes
of stretching is like walking the length of a football field



2.5
Hours
of walking every week for a year is like walking across the state of Wyoming



30
Minutes
of singles tennis is like walking a 5K



1
Hour
of dancing every week for a year is like walking from Chicago to Indianapolis

ChallengeME
MaineDOT Healthy Workforce

Have you visited the **ChallengeME** website lately?

--> Sign up for Health Coaching (health coaches can give you ideas on how to move more)

--> Sign up for VirginPulse (join the Move More challenge)

--> Listen to the ChallengeME Podcasts (this month is Identifying Barriers with Aaron Swift)

--> Check out previous monthly topics

--> Learn about your benefits (Benefits Basecamp)

<http://maine.gov/mdot/challengeme>

Coming Up May: Summer Exposure

Comments, questions, ideas, or submissions?
Please email: kara.a.aguilar@maine.gov