

“Move For Life” Commonly Asked Questions and Answers:

Why are we challenging employees to engage in a physically active lifestyle?

The benefits are well documented. Active lifestyles decrease the risk of premature death, cardiovascular disease, high blood pressure, diabetes and osteoporosis. Engaging in physical activity can help control weight, high blood pressure, elevated cholesterol, and diabetes and can promote psychological well being.

Why just eight to ten weeks?

Eight to ten weeks of participating in “**Move for Life**” could provide enough time and practice to move toward adopting the new behavior of regular physical activity.

Why set personal goals?

One aspect of “**Move for Life**” is to include as many employees as possible, regardless of their current physical activity level. A person who is inactive can join and set a minimum, achievable, and reasonable goal for weekly physical activity, while someone who is already active can set a more ambitious goal. The process of goal setting and record keeping are skills that can assist in the adoption of new behaviors.

Why one consecutive, 10-minute interval of physical activity for one point?

After the most extensive review of studies on physical activity, the Surgeon General's Report recommended "Every U.S. adult should accumulate 30 total minutes (or more) of moderate-intensity physical activity on most, preferably all, days of the week." The recommended 30 minutes of physical activity should be accumulated in at least 10-minute intervals in order to realize a significant health benefit. It is important to remember that this amount of physical activity will positively affect your health (decrease risks for preventative diseases and premature death or disability). If you want a higher level of personal physical fitness (strength – flexibility – body composition) you may need a more strenuous physical fitness program.

Why a minimum goal of 3 points per week?

The minimum for physical activity should be reflective of the Surgeon General's recommendation and yet reasonable enough that inactive individuals can accomplish their personal goals. The minimum goal of 3 points per week represents achieving three, 10-minute sessions per week.

When will employees participate in Move for Life?

Employees will participate in the program before work, after work, on weekends and during lunch times. Those employees engaging in moderately active work assignments can accumulate points throughout the workday.

I already engage in regular physical activity. Why should I join Move for Life?

This program can provide that extra little bit of incentive on those days when you might otherwise skip exercising . If you are already active, you know the benefits of a physically active lifestyle. By participating you can serve as a role model for those just beginning. You can be a source of inspiration, support and encouragement for your co-workers.

Why would someone who is physically inactive want to participate in Move for Life?

Individuals who are currently inactive often need an initial boost to begin a regular physical activity routine. The design of this program is intended to provide an opportunity for inactive individuals to adopt a new behavior by allowing them to establish a realistic goal during a short period, with social support. This is also an opportunity to raise awareness about the new moderate physical activity message. This new message invites 10- minute intervals of moderate physical activities that, along with the traditional activities of walking, bicycling or swimming, could also include mowing the lawn, line dancing or washing the car by hand. The new message emphasizes the fact that some physical activity is better than none.

Do I need my health care provider’s permission for this program?

Participation is voluntary and common sense should guide your actions. If you have any doubts, call your health care provider.