Physical activity is one of the best stress-busters around and one of the best things people can do to improve their health. It is vital for healthy aging and can reduce the burden of chronic diseases and prevent early death. Even 10 minutes of moving around can help you reset. Be creative, make it part of your routine and do something physical every day! Below are education, resources and activities to keep you physical active at your workplace. We encourage you to explore Healthy South Dakota’s website for additional worksite physical activity resources. www.healthysd.gov.

Why Physical Activity It Matters

About 1 in 2 adults live with a chronic disease. About half of this group have two or more.

Move More Together

Find Your Fierce – whatever gets you up and moving – for better physical and mental health.

Fierce 5-Minute Movement Breaks

- Flexibility
- Core Activation
- Quick Blast Circuit
- Upper Body Strength

Active in the Workplace Series

On average, today’s adults work approximately 8 hours per day. For many, time at work is primarily sedentary—time spent sitting during waking hours in the form of computer use, reading, meetings, and driving or riding in a car. Fitting activity into your work schedule can be challenging, but there are small things you can do throughout the day to increase physical activity.

The Active in the Workplace 5-part video series provides some tips and ideas to replace sedentary time with light physical activity. http://healthysd.gov/active-in-the-workplace-series/