

Working on Wellness

Monthly wellness from the SD Department of Health
Office of Chronic Disease Prevention and Health Promotion

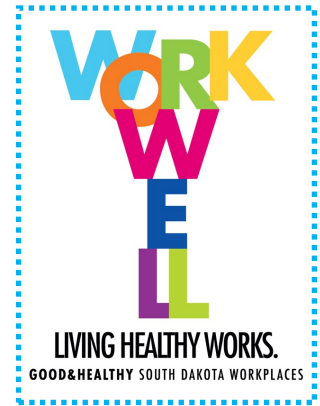
MOVE Your Way through May!

HEALTHYSOUTH.DAKOTA.GOV
Live better. Grow stronger.



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.



Physical Activity Breaks for the Workplace is a [resource guide](#) to help integrate physical activity into the workday. Many of the concepts can be used at home. Example activities are listed in this resource where you will be provided with many videos to promote physical activity.

Only half of adults get the physical activity they need to help reduce and prevent chronic diseases.

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/>