

Working on Wellness

Monthly wellness from the
Department of Health | Healthy South Dakota Program

MAY 2022

MOVE YOUR WAY THROUGH MAY



When you Move More every day, you can reach some pretty big goals over time. Small steps can add up to huge strides -- in your physical health, mental health, stress levels, sleep, productivity, relationships and more.

DID YOU KNOW?!

- **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.
- **20 minutes** of vacuuming is like walking one mile.
- **30 minutes** of grocery shopping every other week for a year is like walking a marathon.



H2O! Keep a bottle of water with you all day. You'll drink more water and have to walk to fill it up. Remember to drink half your body weight in ounces each day.

Preparation is Key! Take time to schedule workouts into your week. Having a plan keeps you accountable.  Set 3 activity goals each week.



Exercise can improve Chronic Pain! Regular physical activity helps improve your overall health, fitness, and quality of life. It also helps reduce your risk of chronic conditions like type 2 diabetes, heart disease, many types of cancer, depression and anxiety, and dementia.



May Health Observances

May offers a variety of National Health Observances. Here are a few to check out!

[Arthritis Awareness Month](#)

[Better Sleep Month](#)

[Employee Health & Fitness Month](#)

[High Blood Pressure Education Month](#)

[Mental Health Month](#)

[Stroke Awareness Month](#)

[No Tobacco Day](#)

FREE WEBINARS



BIKE TO WORK WEEK

May 16 – 22



Pedal Your Way to Healthy Living with Bike to Work Week Activities!

--- Celebrate by biking to work, the grocery store, with friends and family, to your local park or on local bike paths!

---Create a week of log your miles at your worksite!

---Connect with local biking groups, clubs, bike shops and organizations that support biking in your community!