

# 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!