



Move More the NEAT Way

CHALLENGE

Make simple changes to daily activities to move more

Requirements to complete this HEALTH CHALLENGE™

1. Read “Move More the NEAT Way.”
2. To complete the challenge, find ways to move more on at least 22 days this month.
3. Keep a record of your completed challenge in case your organization requires documentation.



Edward Payson Weston
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It was a chilly, fall day in Chicago, Illinois. Edward Payson Weston and Dan O’Leary laced up their shoes, and decided to go for a walk.

But it wasn’t a normal stroll in the city. Both men stepped on to a track inside the Interstate Exposition Building in 1875 with something else in mind...walk 500 miles in a week.

Hundreds of people crowded the sidelines to watch two of the best athletes in the sport of pedestrianism (i.e., walking). After all, prize money worth \$90,000 today was on the line.

Both men took a short break to sleep each day. Other than that, they circled the track for hours. By the end of the week, Weston and O’Leary logged about 1 million steps each. But it was O’Leary who stepped it up to walk the most...503 miles in six days.

How many steps do you take in a day, a week, or a month? Probably not as many as Weston or O’Leary.

Being active isn’t always easy when your schedule is pressed for time. But that doesn’t mean you should just give up. There’s a NEAT way to sit less and move more. Take the month-long health challenge to *Move More the NEAT Way*.

Sit less, move more: Does it make a difference?

Take the quiz to find out.

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1. The average adult spends at least half of their waking hours sitting.
2. Cutting the amount of time you’re inactive by just 10 percent a day, greatly lowers your risk of early death.
3. There is no link between sitting for long periods of time and chronic disease or early death.
4. Two minutes of exercise for each hour of sitting can lower the risk for dying early by 33 percent.
5. The average adult only takes 5,000 to 7,000 steps a day, but it may not be enough for best health.

How did you do? If you answered any of these statements incorrectly, you could benefit from learning more about ways to be more active...even if you don’t have time for a typical workout. When you sit less and move more, you’ll feel better and be healthier.

Answers: 1. True, 2. True, 3. False, 4. True, 5. True.

Say Goodbye to the No-Time-to-Exercise Excuse

Go ahead, say it: “I don’t have time for exercise.” It’s the number one excuse people use to skip a workout, avoid going for a walk, or simply not exercise at all.

Maybe you’re short on time. Maybe your schedule is already overbooked. Maybe the gym is too far away to be more active.¹

Every one of those excuses ends now. New research shows that even a little exercise is good for your health at any age.² And you can do it by simply making some small changes to your daily routine.

The top 10 excuses for not exercising (and solutions!)
tinyurl.com/y5fdvjuk