AHRC SUFFOLK

Let's Move Together!

AHRC SUFFOLK'S
12 MONTHS OF WELLNESS PROGRAM,
PRESENTS:

2021 MOVEMENT CHALLENGE

For Staff and Individuals

May 1, 2021 - September 30, 2021

Point of Contact:
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The Challenge

We challenge our staff and individuals to increase focus on their health by:

- **Aiming to hit personal or pre-established step/ movement goals**
- **Tracking their steps/ movement each day**
- **Encouraging themselves and those around them to make healthier choices!**

THIS 5 MONTH PROGRAM WILL BE LEADING UP TO A VIRTUAL 5K FUNDRAISER IN SEPTEMBER!

Participation is Simple!

Start Tracking:

The First of Each Month,

- Each participant will submit their totals through a provided Google Form.
- Designated staff members will be responsible for submitting totals for individuals in our programs and residences, who will compete as "teams".
- You will be responsible for your own tracking device/ measuring tool, but fear not, there are tons of FREE options!

FREE Tracking Apps, Smart Phone Needed Only:

Apple Health

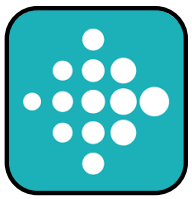
The Health app consolidates data from your iPhone, Watch, and third-party apps you already use, so you can view all your progress in one convenient place.

Available on: The App Store

Samsung Health

The Samsung Health app serves to track various aspects of daily life contributing to well being such as physical activity, diet, and sleep.

Available on: The App Store, Google Play Store



Fitbit Mobile Track

MobileTrack lets you use the Fitbit app without a Fitbit device by using your phone's sensors to track basic activity data including steps, distance, and calories burned.

Available on: The App Store, Google Play Store, Microsoft Store

Strava

Strava's mobile app and website connect millions of runners and cyclists through the sports they love.

Available on: The App Store, Google Play Store, Web Browser

& there are MANY more!

PHYSICAL ACTIVITY PLAYS AN IMPORTANT ROLE IN MAINTAINING HEALTH, WELL-BEING, AND QUALITY OF LIFE.

For AHRC Staff:

Quick tips on how to increase your weekday movement:

- Take a lunchtime walk.
- Organize a walk before or after work or school.
- Stretch at your desk.
- Walk to talk to people in office instead of sending emails.
- Organize a standing or walking meeting.
- Walk or ride at least part of the way to or from work.
- Volunteer for a coffee run.
- Take the stairs.
- Walk the hallway to clear your head.
- Use the restrooms farther from your work station.
- Park farther away from the entrance.
- Wear comfortable shoes and clothes that make it easy to move.
- Take breaks to move, even set an alarm to remind you to hop up.
- Keep track of your steps, a low step count will inspire you to get moving!

For AHRC Individuals:

- Teams or groups will be broken down by residence or program attended.
- Each team will need a designated team captain and a team name.
- Everyone is able to participate in the movement challenge! So it is crucial that we come up with creative ways to move and we encourage and support each other in the process!
- Incentives like a special lunch or dinner will be awarded to the top groups!

What Can AHRC Individuals Do To Improve Their Health Alongside AHRC Staff?

Meditation
To combat stress and anxiety

Stretching
For increased movement and flexibility

Mental Health Resources
For more peaceful sleep and wakeup routines

Fitness & Workout Modifications
Overall emphasis on fitness mindfulness and inclusion for all regardless of physical ability and challenges

Health Education
Providing more knowledge on simple healthy changes or additions to daily routines, and why it's important to do so.

Think Beyond Just Exercise!

Employees often spend several hours a day seated at their desks, and it can be challenging to incorporate exercise when faced with a hectic schedule.

Lack of exercise and a sedentary lifestyle have a negative impact on mood, work performance, and long-term health.

Although this challenge is to promote movement and taking more steps, we encourage you to think about your health as a whole, aside from only physical fitness.

Self care and stress management are just some of the areas that contribute to your overall health.

Check Out These Apps Which Specialize In Mindfulness, Meditation & More:

Buddhify

Headspace

Calm

Particpate Each Month for Your Chance to WIN Prizes and Place Amongst the Top of the Pack!

Submit your step count monthly, through the provided "Google Form" (*resources page) and you will be automatically entered to WIN prizes!

There will be opportunities to win prizes throughout the 5 month challenge for staff members and for individuals.

For participation raffles, you just have to be in it to win it!

For top prizes, the highest amount of total accumulative "steps" will be tallied to reveal 1st, 2nd, and 3rd place for the month.

We can't wait to see our staff give this challenge their all and inspire our individuals to do the same in the process!

ACCORDING TO THE PHYSICAL ACTIVITY GUIDELINES FOR AMERICANS, 2ND EDITION

PHYSICAL ACTIVITY CAN HELP CONTROL WEIGHT, IMPROVE MENTAL HEALTH, AND LOWER THE RISK FOR EARLY DEATH, HEART DISEASE, TYPE 2 DIABETES, AND SOME CANCERS.

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QUESTIONS?

Movement Challenge for staff:
Any questions, rules, and regulations
Contact Teresa DeMarco, Foundation Coordinator
tdemarco@suffahrc.org ; (631) 585-0100 Ext. 263

Movement Challenge for program & residence individuals:
Specifically any questions that need supervisor approval
Contact Your Program Supervisor

WE WANT TO SEE YOU MOVING!

Send any photos or videos to:
Michelle Serrado
mserrado@suffahrc.org
(631) 585-0100 Ext. 269

Resources

- Activity to Step Converter
- Physical Activity Guidelines for Americans- 2nd Edition
- "Fit 5" by Special Olympics- Accessible Fitness Resources
- Monthly Submission Form- Staff
- Monthly Submission Form- Program & Residence Individuals
- Fitbit Research Library
- Use "Movement Challenge Log" for manual tracking

2021 MOVEMENT CHALLENGE LOG

TEAM NAME:

MONTH:

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					
SUNDAY					

***If manual tracking and cannot submit monthly total online through the Google form, please interoffice to: Teresa DeMarco in Bohemia or email by scan/ picture to tdemarco@suffahrc.org