**March Employer Sponsored Activity: 60 Second Challenge**

Get set, go, your 60 seconds begins now!!

We have an exciting new opportunity for you to participate in called the 60 Second Challenge to encourage movement throughout the day and get you away from the computer for a minute. It is proven that those who take breaks throughout the workday are to be more productive.

The 60 Second Challenge encourages you to be physically active for 60 seconds every hour of the workday. The exercises are predetermined with modifications and variations that can be completed in any order throughout the day and at any point within the hour.

The unique aspect of the challenge is that you will have completed 8 minutes, of the recommended 30 minutes, of physical activity each day by incorporating it into your workday.

To participate you can use the tracking sheet and the exercise resource sheet. The tracking sheet allows you to track your completed exercises throughout the day and how many reps if you choose to do so. The exercise resource sheet will provide you with descriptions and pictures on how to properly perform each exercise along with modifications and variations. When you have completed the 2-week tracking sheet you can email \_\_\_\_\_\_ a picture of it.

It is helpful to set hourly reminders for yourself or you can set a daily reminder and snooze it every hour, so it keeps coming up throughout the day.

Following the challenge, you can do another two-week challenge with new exercises which is also included. You are not required to do this to earn credit it would be an option to benefit yourself and your health.



