



## WORKING TOGETHER TO GET HEALTHY

### The Be Active Throwdown Challenge

Two of the essential elements in creating an environment conducive to physical activity are **providing access** to physical activity opportunities during and after work hours and **educating** employees about the importance of physical activity. A simple way to implement these WorkHealthy America recommendations is to encourage employees to participate in wellness activities and programs. Consider offering incentives like gift cards or cash bonuses to motivate employees to engage in these opportunities.

The *Be Active Throwdown* is a unique and fun physical activity challenge developed by Be Active NC that encourages employees to work together to get healthy. Teams of employees record their time spent being physically active, turn in their log books and win prizes. It's that simple! The challenge can be used as part of a wellness campaign to promote physical activity among employees of all shifts, departments, ages and fitness levels. It can also be used as a guideline to create your own event!

#### Included in this packet:

Promotional materials

Be Active Worksite Throwdown flyer

Weekly newsletter

Weekly bonus challenge

Participant, team and worksite activity log





# WORKSITE

# THROWDOWN

## PHYSICAL ACTIVITY CHALLENGE

Month x - Month x, 2013

The Be Active Worksite Throwdown is a great way to challenge yourself and your fellow coworkers to live healthy in 2013.

By using a fun and supportive approach, the Throwdown will help you make positive choices and find new ways to be more physically active.

**The Be Active Worksite Throwdown is simple!**

- Create a team of 3 to 5 coworkers and select a team captain.
- Based on your current physical activity levels, determine the category you would like to participate in (Let's Get Moving or Fitness Fan)
- Choose a team name and notify your coordinator.
- Record your time spent being physically active each day.
- Report your time to your team captain every Monday by noon.
- Team captain will report minutes to coordinator.
- Work toward getting 150 minutes of activity each week.
- Earn prizes for your team and your worksite.



## Join the Throwdown

Set a goal! Join a team! Track your minutes! Get healthy!

### Who can join?

EVERYONE!

ALL AGES

ALL FITNESS LEVELS

ALL SHIFTS

ALL DEPARTMENTS

### How can I earn more minutes?

Walk during your lunch break, chase your kids at the park, do some push-ups and jumping jacks during your break, play kickball on the weekend, take a class at the gym. The sky is the limit!!

To keep the challenge fair for all types of employees, the rules are: Participants may count **all moderate to vigorous physical activity done in 5 minute increments or more or that is outside of their job description.**

### How do I get started?

For more information, or to sign up , contact:

email@example.org  
(xxx) xxx-xxx

Month x, 2013 to Month x, 2013



# Throwdown Details

The Be Active Worksite Throwdown is a unique and fun physical activity challenge that encourages employees to work together to get healthy. It's simple. Be active, record your minutes, win prizes!

## Worksites will:

- Select a Challenge Coordinator

## Coordinator will:

- Sign up for the Challenge
- Encourage employees to participate
- Collect Team sign-up forms
- Send out weekly newsletter
- Collect each team's weekly minutes
- Report minutes to Annie

## Team Captains will:

- Turn in Team Sign-up form to Coordinator
- Collect team members minutes each week
- Send weekly minutes to Coordinator

## Employees will:

- Create teams of 3-5 people
- Choose a team captain
- Pick a team name
- Record daily physical activity minutes
- Report minutes to team captain weekly

## Be Active will provide:

- Promotional Materials
- Be Active Worksite Throwdown flyer
- Weekly newsletter and leader board
- Weekly bonus challenge
- Participant, team and worksite activity log
- Prizes

## Prizes go to:

- Top Worksite, Top Teams and Worksite with the highest participation

Prizes will also be drawn at random for all employees who average more than 150 minutes a week.

Prizes will be announced soon!





# WEEK ONE

## PHYSICAL ACTIVITY THROWDOWN

Thank you for joining the Be Active Worksites Throwdown. To participate, simply begin logging the number of minutes that you are physically active each day. Every Monday, please send your activity minutes for the previous week to your team captain. It's as easy as that.

As you become more active you will begin seeing the many benefits of living healthy. Each week, we will highlight several of these benefits to help us all remember why we're doing this challenge, besides for just the excellent prizes.

These are just a few of the many ways that you are helping your mind, body and spirit by being active:

- Lower risk of coronary heart disease, stroke, high blood pressure, high cholesterol, diabetes, cancer (especially breast and colon)
- Prevention of weight gain and/or weight loss
- Improved cardio-respiratory, muscular fitness and balance
- Reduced depression
- Better cognitive function
- Better sleep patterns
- Increased Energy



To gain these health improvements, the Department of Health and Human Services (DHHS) recommends at least 30 minutes of moderate to vigorous exercise 5 days a week. DHHS also recommends muscle strengthening activities that involve all major muscle groups on 2 or more days a week. If you're not there yet, no worries! Every additional minute of exercise provides benefits.

## Have an Active Week!

For more information, visit the following websites:  
[www.eatsmartmovemorenc.org](http://www.eatsmartmovemorenc.org)

### Workout of the Week Card Deck Workout

Assign each suit to a different exercise. After a five to ten minute warm up, go through the entire deck, performing the number of repetitions on each card.

*\*The exercises below are suggestions. Feel free to use any movement you would like, as long as you maintain a balanced workout and include all major muscle groups.*

**Card Values:** 1- 10 = Face Value; Jacks = 11; Queens = 12; Kings = 13; Aces = 16

#### Hearts - Lower Body

\* Squat or Jump Squat

#### Diamonds - Upper Body

\* Push- up (Feet or Knees)

#### Spades - Core

\* V-sits or Crunches

#### Clubs - Cardio

\* Mountain Climbers

### What Counts as Physical Activity?

To keep the challenge fair for all types of employees, the rules are:

You may count all moderate to vigorous physical activity done in 5 minute increments or more that is outside of your job description. However, we do strongly encourage activity during the work day, such as taking a walk at lunch, jumping jacks at the top of each hour or taking the stairs. Those types of activities DO count!

## PHYSICAL ACTIVITY THROWDOWN

### An Ounce of Prevention!

Congratulations on finishing your first full week of the Be Active Worksites Throwdown! Each week we will discuss one of the many benefits of an active and healthy lifestyle. Please feel free to ask questions or request additional information if you'd like to learn more or share with others.

Physical activity reduces risk factors for many chronic conditions, including cancer. Studies in the United States have consistently shown that adults who participate in the recommended amount of moderate to high-intensity physical activity will reduce their risk of breast cancer, colon cancer, endometrial cancer and lung cancer.



It's never too early or too late to get started. Research shows that high levels of activity during adolescence are especially protective against breast cancer; and older adults who start an exercise program see a reduced risk as well.

According to the American Cancer Society, except for quitting smoking, one of the most important things you can do to help reduce your cancer risk is to be physically active. In fact, at least one third of cancer deaths could be prevented with a healthy diet and physical activity.

### Set SMART goals!

Whether your goal is to walk 3 times a week, do your first triathlon or stick to your strength training plan, the SMART method of goal setting is a powerful way to stay motivated and stick to a plan.

**SMART** stands for:

**Specific:** A specific goal has a much greater chance of being accomplished. What EXACTLY do you want to achieve?

**Measurable:** Establish concrete criteria for measuring progress toward your goal. This usually comes in the form of a number.

**Attainable:** Be honest with yourself about your abilities and your limitations, as well as the activities you enjoy doing.

**Realistic:** Choose a goal that challenges you to be your best, but is achievable.

**Timely:** Give yourself a timeframe for each goal. When do you plan to reach your goal and when will you set new goals?

### Top Teams - Let's Get Active

1. Lakers - Burlington Finishing Plant - 482
2. Warehouse Warriors - BFP -398
3. Team Bacon - Apex Analytix - 391

### Top Teams - Fitness Fan

1. Hot Rocks - Rockingham County Schools - 667
2. Fitness Warriors - Apex Analytix - 653
3. Hustlin' Hokies - Rockingham County Schools - 633

### Top Sites

1. Rockingham County Schools - 366 minutes
2. Apex Analytix - 337 minutes
3. Planet Nissan - 331 minutes

## Workout of the Week

### 1-Minute Intervals

This is a great way to get cardiovascular exercise and strength-training in one workout. This can be done indoors or outdoors using any cardiovascular exercise, such as running, walking, elliptical machine or jump rope, in between the strength building moves.

Start this workout with a 5 minute warm-up and then perform each exercise for one minute. When you complete the list, rest for two minutes. Repeat 2-3 times. If you are unsure how to perform an exercise, visit the ACE Exercise Library.

<http://www.acefitness.org/exerciselibrary/>

1. squats
2. jumping jacks
3. push-ups (knees, feet, or hands on a bench)
4. step-ups
5. walking lunges
6. mountain climbers
7. bench dips
8. V-sits

Remember, a 30 minute workout is only 2 percent of your day. Take 2 percent to BE ACTIVE!

## PHYSICAL ACTIVITY THROWDOWN

### Gaining Strength!

You have now completed two full weeks of the Be Active Worksite Throwdown! Congratulations - you are all doing very well. Keep up the great work!

This week we'll discuss the benefits of strength training. Physical activity of any kind provides numerous benefits. But strength training is particularly important and offers unique advantages, such as stronger bones and a higher metabolism. Here are a few ways that strength training puts you ahead of the game:

1. Weight-bearing exercise stimulates bone growth, increasing bone density and reducing risk of osteoporosis.

2. Every pound of muscle gained burns 50-75 calories per day. As you gain muscle, your body gains a bigger "engine" to burn calories, making it easier to control your weight.

3. Building muscle helps prevent injuries. Strength training contributes to better balance, greater core strength and a more balanced body - which can reduce your risk of lower back pain and other joint injuries and keep you independent as you age.

There are a variety of ways to build muscle, including body weight exercises, free weights, resistance bands and weight machines.

Check out the American Council on Exercise (ACE) Fit Facts on Strength Training.



### Design your Weekly Physical Activity Plan

Hopefully you had a chance last week to set a few SMART goals. Now it's time to bring everything together and create a physical activity plan that meets your needs. As with goal setting, creating a plan that is as specific as possible is important. Those most successful at reaching their goals, plan their physical activity on at least a weekly basis.

Create a plan that includes each day of the week, the amount of time you will be active and the exact activity you will engage in. As you plan, keep your goals in mind and the timeline you've set for reaching them.

### Top Teams - Let's Get Active

- 1.
- 2.
- 3.

### Top Teams - Fitness Fan

- 1.
- 2.
- 3.

### Top Sites

- 1.
- 2.
- 3.

## Workout of the Week

### Full Body Blast Circuit

**Perform each of the exercises in Circuit A in order for 45 seconds, resting 15 seconds in between each move. Repeat Circuit A two more times. Rest 1 minute. Complete 3 sets of Circuit B in the same way.**

Advanced – Perform the circuit twice

Intermediate – Perform as shown

Beginner – Perform each exercise for 30 seconds, then rest for 30 seconds.

If you are unsure how to perform an exercise, visit the ACE Exercise Library at <http://www.acefitness.org/exerciselibrary/>

#### Circuit A

**Push Ups**  
**High Knees**  
**Lunges**  
**Squat Jumps**

#### Circuit B

**Mountain Climbers**  
**Wall Sit**  
**Double Crunches**  
**Fast Feet**

**Success is the sum of small efforts repeated day in and day out!**

## PHYSICAL ACTIVITY THROWDOWN

### Diabetes Prevention

Congratulations on reaching the fourth week of the Be Active Schools Staff Challenge! This week we would like to discuss the relationship between diabetes and physical activity. More than 25 million Americans suffer from this largely preventable disease.

The Diabetes Prevention Program, a federally funded study of 3,234 people, showed that those at risk for developing diabetes can prevent or delay the onset of the disease by losing a small amount of weight (5 to 7 percent) through physical activity (150 minutes/week) and healthier eating. Participants in the lifestyle intervention group reduced their risk of developing diabetes by 58 percent.



Studies have also shown that physical activity helps individuals who have already been diagnosed with diabetes. In addition to burning glucose, physical activity improves the body's ability to use insulin. This improvement in insulin sensitivity may allow some people with Type 2 diabetes to reduce or even discontinue blood-glucose lowering medicines. Visit [www.diabetes.org](http://www.diabetes.org) to learn more.

### Boost Your Metabolism

The rate at which your body burns calories when you are comfortably resting is called your resting metabolic rate or RMR. Metabolism refers to the energy it takes to keep your heart beating, blood pumping, kidneys eliminating waste and brain functioning.

There are four main factors that affect your RMR:

- **Age** - the average adult burns 100 calories less per day for each decade older they get
- **Gender** - Men generally burn more calories at rest than women
- **Proportion of lean body mass** - The more muscle you have, the higher your metabolic rate
- **Genetics**

The only factor that we can really control is the amount of lean mass we have. Every pound of lean mass burns 50-75 calories per day. So, for every pound of muscle you gain, you can lose up to 7.8 pounds of fat per year (if you keep calorie intake constant).

### Top Teams - Let's Get Active

- 1.
- 2.
- 3.

### Top Teams - Fitness Fan

- 1.
- 2.
- 3.

### Top Sites

- 1.
- 2.
- 3.

### Workout of the Week The 100 Workout

**Perform the number of repetitions written for each exercises before going on to the next.**

Advanced – Perform the circuit twice

Intermediate – Perform as shown

Beginner – Take breaks or reduce the number of repetitions

If you are unsure how to perform an exercise, visit the ACE Exercise Library at <http://www.acefitness.org/exerciselibrary/>

- 100 Jumping Jacks
- 90 Crunches
- 80 Squats
- 70 Leg Lifts
- 60 Jumping Jacks
- 50 Crunches
- 40 Squats
- 30 Leg Lifts
- 20 Jumping Jacks
- Run or Walk for 10 minutes

Wake up with determination. Go to bed with satisfaction.

## PHYSICAL ACTIVITY THROWDOWN

### Stress Management

Stress reduction is one of the benefits of physical activity that you're likely already noticing. The body's reaction to stress was once helpful to us. Today, it can wreak havoc on our health.

Our cavemen ancestors had to react instantly when confronted by a wild animal, choosing to flee, or fight off the predator. This knee-jerk response to threatening situations - recognized as the "fight or flight" response - flushes the body with stress hormones. This reaction was quite useful when a saber-tooth tiger was hot on your tracks!



Today we rarely face life or death situations, but the body still produces these powerful hormones when under stress. Frequent stress can have negative effects on our health, including digestive upsets, high blood pressure and increased risk of stroke and depression.

The most powerful and effective way to combat the inevitable stress of modern life is physical activity. Studies show that regular exercise moderates the negative effect of stress on the brain, hormones and immune system. It also improves mood, helps us sleep better and enhances cognitive function.

**Physical activity is an effective way to relieve stress, but it can be difficult to fit in when things get hectic.**

Here are some tips for keeping up your workout routine when times get tough:

- Consider breaking workouts up into smaller segments throughout the day.
- Work out in the morning before your schedule is subject to change.
- Schedule walking meetings at work or walk during your lunch break.
- Combine family time with exercise.
- Take the stairs, park farther away, do a few sets of push-ups while dinner is in the oven

### Top Teams - Let's Get Active

- 1.
- 2.
- 3.

### Top Teams - Fitness Fan

- 1.
- 2.
- 3.

### Top Sites

- 1.
- 2.
- 3.

### Workout of the Week Pyramid Workout

Perform 10 repetitions of each exercise the first round, then do 15 the next, going up by 5 reps until you reach 20. Then head back down the pyramid until you hit 10 again. 10, 15, 20, 15, 10. If you are more advanced, begin with 15 and go up to 25 or 30 and back down.

If you are unsure of how to perform an exercise, please go to the ACE Fitness Library.

1. **Push-ups**
2. **Weighted Swing** - Can also be done with a weight or medicine ball.
3. **Renegade Rows** - You can modify this exercise by using regular weights or no weight at all, as well as lowering to your knees or doing traditional bent-over rows.
4. **Box Step-up or Jumps**
5. **Stability Ball Exchange** - or core move of your choice.

**You're only one workout away from a good mood!**



## WEEK SIX

### PHYSICAL ACTIVITY THROWDOWN

#### Move More, Sit Less

Congratulations Be Active Worksite Throwdown Participants! This is the sixth week of the Challenge. You are well on your way to making regular physical activity a way of life.

An interesting field has recently emerged in the physical activity world, the study of sitting. A major study published last year found an association between the amount of time spent sitting and mortality, even with an hour a day of structured activity. So – don't drop your daily gym visit, but get up and move as much as possible during the workday and your leisure time activities, such as watching TV and reading.

Here are some tips from Dr. Len Kravitz, to help you burn calories and keep your metabolism up throughout the day:

- Take a short walk around the office every time you take a coffee break.
- Do 5 squats every time you take a drink of water.
- Pace while you talk on your cell phone.
- Make an effort to walk quickly at the grocery store, into the office or during other errands.
- Get up briefly every 30 minutes and get the blood flowing.

#### Your Brain on Exercise

We have known that there is a link between physical activity and academic performance in children, as well between physical activity and improved cognitive function in older adults. But there is now research that shows the amazing benefits of physical activity for our brain - at any age.

150 minutes or more per week of physical activity will:

- Cause nerve cells to multiply and nerve connections to strengthen
- Increase neural connections in the hippocampus
- Increase number of capillaries surrounding the neurons
- Fuel the brain with oxygen and glucose
- Strengthen the cerebellum and corpus callosum

In a nutshell, exercise improves your long term memory, creates new pathways for learning and increased motivation, focus, retention and retrieval of information.

#### Top Teams - Let's Get Active

- 1.
- 2.
- 3.

#### Top Teams - Fitness Fan

- 1.
- 2.
- 3.

#### Top Sites

- 1.
- 2.
- 3.

#### Workout of the Week Jump Rope Challenge

Do Each Exercise for 1-minute resting for 30 seconds between each one. Beginners may take 1-minute breaks if needed between each activity and substitute bunny hops for the jump rope

- Jump Rope / Jumping Jacks**
- Jump Rope /Mountain Climbers**
- Jump Rope /Skaters**
- Jump Rope / High Knees**
- Jump Rope /Squat Jumps**
- Jump Rope / Burpees**
- Jump Rope / KettleBell Swings**
- Jump Rope / One leg hop (30 sec each leg)**
- Jump Rope / Jumping Jacks**

You don't have to go fast, you just have to go!



## WEEK SEVEN

### PHYSICAL ACTIVITY THROWDOWN

#### Lose the weight...Keep it off!

We've discussed many of the benefits of physical activity, from better sleep to a reduced risk of cancer. The first benefit that typically comes to mind is weight loss. According to a report published by the American College of Sports Medicine, the **National Weight Control Registry** (NWCR), a group of more than 6,000 people that have lost 30 pounds or more and kept it off for over a year, has identified the number one recommendation for maintaining weight loss – BE ACTIVE!

The majority of members expend 2,000 calories or more per week from physical activity – that is equal to roughly 200 minutes a week of moderate intensity activity. 98% percent of participants exercise at home and 40% exercise with a friend. Walking is the most popular form of exercise.

"One of the most important predictors of continued weight maintenance is sustained high levels of physical activity," said Dr. Hill, who is also the executive director of the Anschutz Health & Wellness Center. "Successful weight loss maintenance depends on sustaining these healthy lifestyle behaviors."

Here's a few of the ways that the NWCR members have kept the weight off:

1. Be active.
2. Turn off the television.
3. Enjoy a low-calorie, low-fat diet.
4. Eat breakfast.
5. Keep track of your progress.

#### Keep it Cool in Hot Weather

Whether you're running, playing a pickup game of basketball or going for a power walk, take care when the temperatures rise. If you exercise outdoors in hot weather, use these common-sense precautions from Mayo Clinic to prevent heat-related illnesses.

1. Check the weather report before you head out the door.
2. Get acclimated. Gradually increase the length and intensity of your workouts when the hot temps hit.
3. Reduce your exercise intensity and take frequent breaks.
4. Drink extra fluids. Dehydration is a key factor in heat illness.
5. Dress appropriately. Wear light colored, light weight clothing.
6. Exercise in the morning, evening or in shaded areas.
7. Wear sunscreen.
8. Have a backup plan. Work out at the gym, walk laps inside the mall or climb stairs inside an air-conditioned building.

#### Top Teams - Let's Get Active

- 1.
- 2.
- 3.

#### Top Teams - Fitness Fan

- 1.
- 2.
- 3.

#### Top Sites

- 1.
- 2.
- 3.

#### Workout of the Week Hollywood Muscle

Want Hollywood muscle? Try this 300 rep warrior work out, used by the cast of the movie 300, for a great full body challenge.

A modified version of this workout is provided at the link below, in case you haven't fought any Spartan battles recently, or replace the exercises below with movements of your choice.

<http://www.menshealth.com/fitness/muscle-building-11>

1. Pull up @ 25 reps
2. Dead lift @ 50 reps
3. Push ups @ 50 reps
4. Box jumps @ 50 reps
5. Floor wipers @ 50 reps
6. Single-arm clean & press @ 25 reps/each arm
7. Pull ups @ 25 reps

The difference between tri and triumph is just a little umph!

## PHYSICAL ACTIVITY THROWDOWN

### Keep your Heart Healthy!

Congratulations! You've now been committed to physical activity for eight weeks!

Making lifestyle changes is a proven method for reducing your risk of cardiovascular disease (CVD). Although it is also affected by genetics and other uncontrollable factors, physical activity and other healthy habits have certainly been shown to reduce many of the associated risks.

Many people believe that cholesterol levels are determined strictly by food choices. While saturated fat and cholesterol in food does increase cholesterol, physical activity also plays a big role in your total level of cholesterol. Regular physical activity (150 minutes a week) can help lower LDL (bad) cholesterol and raise HDL (good) cholesterol levels.

According to the American Heart Association, studies show that regular physical activity can significantly increase HDL cholesterol levels thus reducing your risk for CVD.



Physical activity can also lower your overall blood pressure and systolic pressure - the top number in a blood pressure reading - by an average of 5 to 10 millimeters of mercury (mm Hg).

That's as effective as some blood pressure medications!

For some people, getting exercise is enough to reduce the need for blood pressure medication entirely. Regular physical activity also makes your heart stronger, and a stronger heart can pump more blood with less effort. If your heart can work less to pump, there is less force on your arteries, lowering your overall blood pressure.

If your blood pressure is at a desirable level — less than 120/80 mm Hg — exercise can keep it from rising as you age. Regular exercise also helps you maintain a healthy weight, another important way to control blood pressure and reduce your risk of CVD.

### Top Teams - Let's Get Active

- 1.
- 2.
- 3.

### Top Teams - Fitness Fan

- 1.
- 2.
- 3.

### Top Sites

- 1.
- 2.
- 3.

### Workout of the Week Christmas in July

Perform this workout just like the 12 days of Christmas song! For example, start with 1 minute of jump rope or invisible jump rope. Then do 2 Burpees, followed by 1 minute jump rope. Then do 3 Frog Jumps, 2 Burpees and 1 minute jump rope. Keep going until you get finish the whole song! Feel free to substitute other exercises as needed.

- 1 minute jump rope
- 2 Burpees
- 3 Frog Jumps
- 4 High Knees (each side)
- 5 Sky to Ground Squats
- 6 Jumping Jacks
- 7 Push-ups
- 8 Bridges
- 9 V-sits (each side)
- 10 Jump Squats
- 11 Lunges (each side)
- 12 (x5) seconds of elbow plank (1min)

Motivation will always beat mere talent! Strive for success!