



# Sit for 60, Move for 5!

## A 10-Day Self-Directed Smorgasbord Challenge

December 12 to 21, 2022

Why stand and move at work? Standing is an easy way to burn 30% more calories than sitting. And breaking up your sitting time and getting up to move throughout the workday can improve your health. Reducing prolonged sitting can reduce pain and discomfort, increase energy, help you feel more alert by increasing blood flow to the brain, improve overall circulation, decrease your risk of injuries and lower your blood glucose levels. Pretty good, huh?

Staying active by engaging in physical movement throughout the day is critical for health and longevity. Improve your lifestyle by moving right now, today!

The goal of this program is to move for at least 5 minutes at least 12 times a day within the 10-day period. No registration is necessary. Return Tracking Chart and Prize Form to Mary Harrington by January 13, 2023. Only MIIA/Blue Cross subscribers are eligible for prizes.

### Program Videos:

Move a little! Gain a lot! Boost your metabolism, burn calories, increase energy and improve productivity at work with these awesome exercise videos.

- [Sit for 60 Move for 5](#)
- [Quick and Easy Exercises You Can Do at Work](#)
- [Try some of our other exercise videos](#)

# Sit for 60, Move for 5! Program Tips



1. Watch trainer, Kate France Kuzminski, demo 10 awesome exercises you can do at your desk, at home, or on the road in the video **Sit for 60, Move for 5**, improve your flexibility by viewing **Quick and Easy Stretches You Can Do at Work** and check out more of our **exercise videos**.
2. Read the **Ergonomic Tips** handout for helpful information!
3. Keep your tracking log in a visible area, such as pinned on your bulletin board or on your desk to remind you to keep going with the “Sit for 60, Move for 5” challenge. OR, if you need reminders to move at home, keep the tracking log on your refrigerator or near the TV remote.
4. Everyone gets engrossed in their daily work. Therefore using a ‘reminder’ tool can help ensure you take the necessary hourly movement breaks throughout the day. The simplest way would be to set the timer on your smartphone to ring every hour to remind you to get up. Other examples are below.
5. Other examples of ways to sneak in movement throughout the day:
  - Take a lap or two around your office floor
  - Use a smaller water bottle so that you have to get up to fill it frequently
  - Walk up and down a couple flights of stairs
  - Walk in place during TV commercials
  - When talking on the phone, stand up and move your legs
  - Do jumping jacks or lunges on the spot (use caution if you have knee issues)
  - Stand up and do bicep curls using a water bottle

# Sit for 60, Move for 5! Tracking Chart



Name: \_\_\_\_\_ Employer: \_\_\_\_\_

Please complete the following log form in full. Please mail or email to Mary Harrington at MIIA, 3 Center Plaza, Suite 610, Boston, MA 02108 or mharrington@mma.org by January 13, 2023. In order to earn a prize, you are required to move for at least 5 minutes at least 12 times a day. Place a X in each box when you moved at least 5 minutes. All log forms must be unique in the case where a spouse or dependent is also participating.

Daily Hours	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
5-6 am										
6-7 am										
7-8 am										
8-9 am										
9-10 am										
10-11 am										
11 am-12 pm										
12-1 pm										
1-2 pm										
2-3 pm										
3-4 pm										
4-5 pm										
5-6 pm										
6-7 pm										
7-8 pm										
8-9 pm										
9-10 pm										
10-11 pm										
11 pm-12 am										
Total # of times I moved at least 5 minutes										

Total days met goal: \_\_\_\_\_



/miiasocial | [www.emiia.org](http://www.emiia.org)

Open to all employees, only MIIA/BCBS members are eligible for prizes.

# Sit for 60, Move for 5! Information and Prize Form



Please complete the following information and prize form in full. Please mail or email to Mary Harrington at MIIA, 3 Center Plaza, Suite 610, Boston, MA 02108 or [mharrington@mma.org](mailto:mharrington@mma.org) by January 13, 2023. Only MIIA/BCBS subscribers can earn prizes.

Name \_\_\_\_\_ Employer \_\_\_\_\_

MIIA/BCBS subscriber:  Yes  No

Email \_\_\_\_\_ Phone \_\_\_\_\_

Mailing address \_\_\_\_\_

Prize choice. Choose 1st and 2nd choices. If you don't specify, we will choose your prize. [Click](#) to view below prizes. Can also view at [emiia.org](http://emiia.org). Click on Well Aware, then click on Incentives. Only MIIA/BCBS members eligible for prizes.

\_\_\_ Terry Velour Robe, one size, white

\_\_\_ Yoga mat

\_\_\_ Stainless steel water bottle

\_\_\_ Chill Watch - White, Black, Red, Cyan

\_\_\_ Sinus soother

\_\_\_ Pickleball Set

\_\_\_ Camper 34oz Stainless Steel vacuum container

\_\_\_ Bike repair kit

\_\_\_ Bamboo cutting board

\_\_\_ Fleece Blanket (navy)

\_\_\_ Nature Sound Spa

\_\_\_ Shaker bottle

\_\_\_ Freezable Lunch tote

\_\_\_ Outdoor headlamp

\_\_\_ Gardener's Kit

\_\_\_ Collapsible cooler

\_\_\_ Pet Lovers travel kit

\_\_\_ Glass Leakproof Storage Container

\_\_\_ Rivage Weekender tote