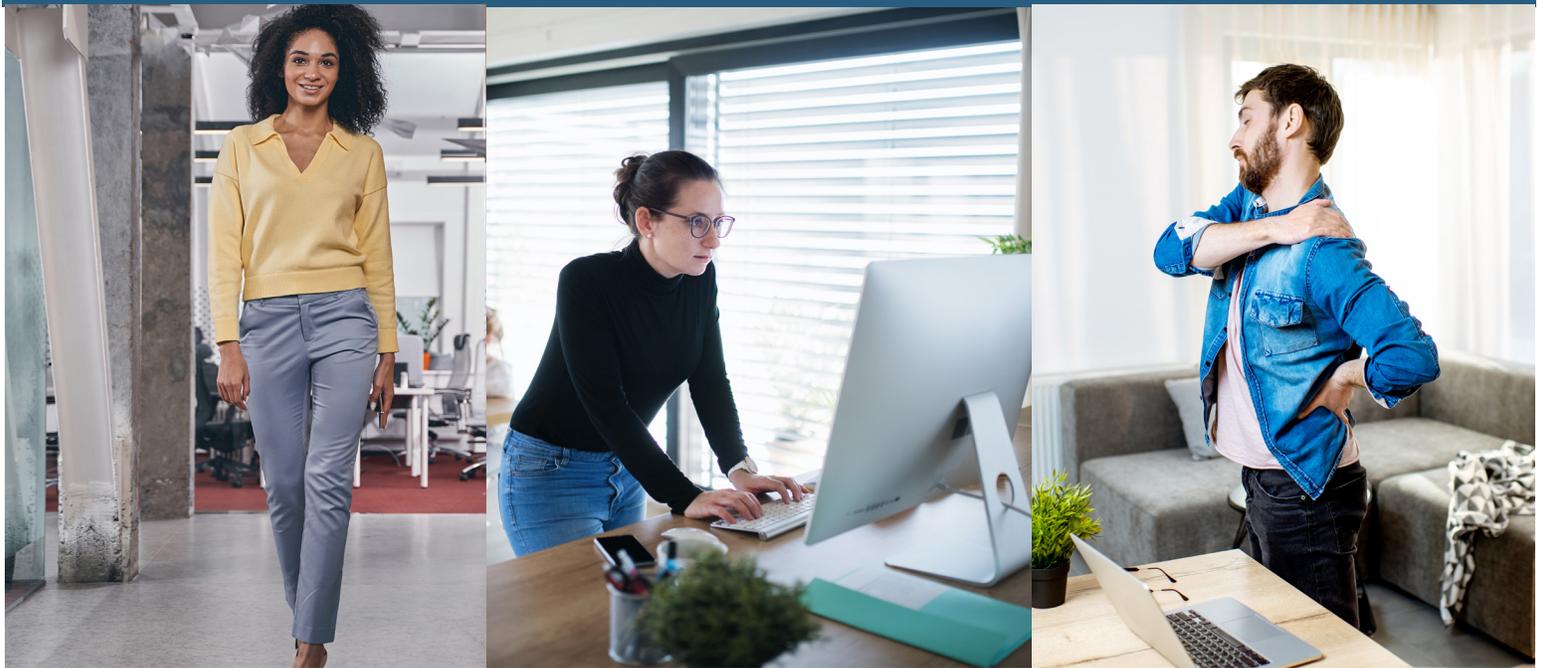


Improve Your Fitness Each Hour You're Working



Sit for 60, Move for 5!

A 10-day self-directed activity incentive program

Open to all employees

Program starts Monday, September 21, 2020

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?

If you work from home, it's likely you are not moving around as much as when you worked in the office (walking across your organization's campus, within the school building, or to/from your coworkers' offices and desks) and are sitting a lot more while in zoom meetings. All this lack of movement can create more fatigue and exhaustion.

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 October 9, 2020. 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:

For your Computer

- **PC - Workrave.org** is a cross platform (Windows and Linux) break reminder that does a great job of forcing you to take micro breaks, long breaks, and even limiting your daily usage. Workrave is highly configurable and allows you to specify time between breaks, how long each break is, and even offers a tiny status window that remains on your desktop to allow you to see when your next break is coming up. Workrave also offers a selection of exercises you can do during your breaks.

For your Phone or Tablet

- **iPhone/iPad – StandApp** (99¢) – What’s nice about StandApp is that it’s not just a timer that you set to remind you to get up now and again. It also gives you ideas for things you can do around your desk when you’re standing, like stretching, wandering around, or just relaxing. If you have trouble remembering to stand up, or knowing what to do when you do stand up, StandApp is a helpful guide.
- **Android – Break Reminder** (free with in-app products) – Break Reminder helps workers create more efficiently and with less burnout. It is a time management method that uses a timer to break down work into intervals of focus and rest.

4. 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, One Winthrop Square, Boston, MA 02110 or mharrington@mma.org by October 9, 2020. 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: _____

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, One Winthrop Square, Boston, MA 02110 or mharrington@mma.org by October 9, 2020. 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. Click on Well Aware, then click on Incentives. In order to earn a prize, you must have moved at least 5 minutes at least 12 times a day. Only MIIA/Blue Cross subscribers eligible for prizes.

- | | | |
|--|---|--|
| <input type="checkbox"/> Balance Active tote | <input type="checkbox"/> Waterproof Bluetooth outdoor wireless speaker | <input type="checkbox"/> Cheese board kit |
| <input type="checkbox"/> Body wrap | <input type="checkbox"/> VODAPOD 32-ounce Water Bottle with Time Marker | <input type="checkbox"/> Collapsible cooler |
| <input type="checkbox"/> Yoga block | <input type="checkbox"/> Beach towel (turquoise zig zag pattern) | <input type="checkbox"/> Coleman 51 oz. food container |
| <input type="checkbox"/> Nature Sound Spa | <input type="checkbox"/> Vented royal blue umbrella | <input type="checkbox"/> First aid kit |
| <input type="checkbox"/> Yoga strap | <input type="checkbox"/> NEW: Insulated cotton cooler lunch tote | <input type="checkbox"/> Gardener's kit |
| <input type="checkbox"/> Pet Lovers travel kit | <input type="checkbox"/> Shake it work out bottle | <input type="checkbox"/> Happy camper outdoor kit |
| <input type="checkbox"/> Outdoor headlamp | <input type="checkbox"/> Waterproof picnic blanket | <input type="checkbox"/> Zuma cooler backpack |
| <input type="checkbox"/> Slope Messenger Bag | <input type="checkbox"/> BBQ utensil set | <input type="checkbox"/> Sports towel in a mesh bag |
| <input type="checkbox"/> Shoulder wrap | | <input type="checkbox"/> Electric tea kettle |
| <input type="checkbox"/> Wind chimes | | |