

## Start a Movement!!!

Sign up for this incentive program, grab a friend, and start a movement that will improve your health.



### Contributors:

South Dakota Department of Health and the WORKWELL Living Healthy Works, Good & Healthy South Dakota Workplaces program. This program is designed to promote healthy lifestyles through workplace environment and policy change to support employee wellness

### Additional support from:

The College of Education and Human Sciences  
The Department of Health and Nutritional Sciences

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# Break Up Your Day and Move!

#### Sponsored by:

SD Department of Health WORKWELL Grant  
College of Education and Human Sciences  
Department of Health and Nutritional Sciences

## Program Overview

### Break Up Your Day and Move

Break Up Your Day and Move is a 6-week incentive program designed to get faculty and staff to break up the amount of time they sit during the workday. The goal of the program is to break up your workday with bouts of standing or light activity lasting at least 15 minutes in duration. Fitting breaks into your day is simple if you stand up and move for 15 minutes in the morning, at lunch, and in the afternoon! You will record each time throughout the workday you get up from your desk and stand or engage in light movement for at least 15 minutes. The focus of this program is not logging how many minutes of activity you accumulate, but rather, logging the number of times you break up long periods of sitting. Outdoor and indoor walking routes will be provided as an option to help incorporate light activity throughout your workday. You can earn incentives by logging the number of times you take a break from sitting to stand or move throughout the day!

### Reducing Sedentary Time

Independent of the amount of activity you participate in, the amount of time you sit each day has been shown to increase your risk of chronic disease.<sup>1</sup> While office workers spend approximately eight hours each day sitting, taking part in light-intensity activity to break up your sedentary time, such as walking, can have a positive impact on one's health. A study by Hamilton and colleagues found that individuals that took regular breaks to stand up from their desks and walk had lower waist circumferences, BMI, and triglycerides, compared to individuals that remained seated for the majority of the workday.<sup>2</sup> In an effort to improve your health, schedule time to break up your daily sitting time by taking breaks and doing light movements such as standing, stretching, or walking. Research recommends taking 2-3 fifteen minute activity breaks during your working day.<sup>3</sup>

## Program Details

### Dates

The 6-week program will start March 7 and conclude April 15.

### Walking Trails

For those wanting to walk outside, a 1 mile and 2 mile route through the SDSU campus and the surrounding Brookings community are available at \_\_\_\_\_. For those wanting to walk indoors, walking routes have been calculated in the buildings where EHS offices are located (Rotunda/Wagner Hall, The Barn, Pugsley, Wecota, and Wenona). These routes will be provided in the instructions.

### Registration

All College of Education and Human Sciences faculty and staff are **Incentives**

Participants who submit a complete weekly log (documenting at least 1 time each workday where they broke up their sitting time with a minimum of 15 minutes of standing or light activity) will earn an incentive for their participation. In addition, for each complete weekly log participants submit, their name will be entered into a drawing for a FitBit, physical activity tracker.

### References:

1. Katzmarzyk PT, Church TS, Craig CL, Bouchard C. Sitting time and mortality from all causes, cardiovascular disease, and cancer. *Med Sci Sports Exerc.* 2009;41(5):998-1005.
2. Hamilton MT, Healy GN, Dunstan DW, Zderic TW, Owen N. Too Little Exercise and Too Much Sitting: Inactivity Physiology and the Need for New Recommendations on Sedentary Behavior. *Curr Cardiovasc Risk Rep.* 2008;2(4):292-298.
3. Tremblay MS, Colley RC, Saunders TJ, Healy GN, Owen N. Physiological and health implications of a sedentary lifestyle. *Appl Physiol Nutr Metab.* 2010;35(6):725-740.