

WELLNESS CHAMPION CHEER KIT



**Any time is the perfect time to help
build community and energy.**

Incorporate these CHEER guidelines to create a healthy work environment:

Communicate

HealthySteps to Wellness is your partner

Expert on wellness platform and HealthySteps to Wellness website

Enthusiastic about joining forces as a community of Wellness Champions

Role Model to others

Maximize Your Body and Brain Power Through Exercise

Key Presentation Points to Remember



Our Current State of Fitness:

Only 22.9% of U.S. adults met the 2008 guidelines for aerobic activity and muscle-strengthening exercise between 2010 - 2015 according to a Center of Disease Control and Prevention (CDC) study released in 2018.

We live in a cyber world where no one has to move very much, so we have become non-movers. However, we still operating with the same genes we had 10,000 years ago as hunter-gatherers who walked 10 - 14 miles a day! We need to move more and sit less!

Guess what? We can begin to reap amazing health benefits almost immediately when we engage in physical activity.

Here Are Some Amazing Benefits:

Physical activity helps prevent eight types of cancer: Bladder, breast, colon, endometrium, esophagus, kidney, stomach and lung cancer.

Reduces the risk of dementia as well as increases problem solving skills and memory.

Improves cognitive performance in school age children based on a meta-analysis of 59 studies.

Exercise helps boost the natural occurrence in the brain called neurogenesis, which means creating new brain cells.

Aim For These General Guidelines for Substantial Health Benefits.

2.5 hours to 5 hours per week of moderate intensity activity OR 75 minutes to 2.5 hours per week of vigorous intensity exercise. Try to spread out the activity throughout the week. All activity, even 5 minute walking breaks and taking the stairs instead of using the elevator can help add up to your goal. Engage in activities that you enjoy!

Try to engage in muscle strengthening activities that involve all major muscle groups two or more days per week for additional health benefits. Examples: Lifting weights, using resistance bands, bodyweight exercise like push ups and heavy gardening.

What can I do to feel confident and smart about maximizing my fitness and brain power?

Create an action plan and practice some challenges with your team or on your own.

How to create an action plan for a skill challenge.

**From the work of Dr. Kate Lorig, Chronic Disease Self-Management Program, Stanford Patient Education Research Center and Self-Management Resource Center*

THE ACTION PLAN

1. **Something that you (or your team) genuinely want to do**
2. **Achievable**
3. **Action-specific**
4. **Answer the questions:**
 - a. What? (specific action)
 - b. How much? (time, distance or amount)
 - c. When? (time of day or which days of the week)
 - d. How often? (number of days in the week)
5. **Confidence level of 7 or more**
on a scale of 1-10 (1 = not at all confident
10 = extremely confident)

EXAMPLES:

What is your "Why"?

- *Take a few moments to think about why it might be important to you personally to achieve a goal of 150 to 300 minutes of moderate intensity exercise per week. Jot it down on the action plan below.*

Find an accountability buddy

- *Invite a friend to join you for a physical activity challenge. Encourage each other and hold each other accountable to your personal goals*
- *Our confidence level is an 8.*

TEAM /Individual ACTION PLAN FOR A SKILL CHALLENGE

1. _____
2. _____
3. _____
4. _____
5. _____

QUESTIONS? Contact us at healthysteps@stanfordhealthcare.org