

Fit in Fitness

**A package of physical
activities for any setting**

Our research shows that people who start a healthy activity on Monday describe a higher likelihood of continuing that activity for the rest of the week.¹ This 12-week package is designed to introduce your organization, community, or workplace to tools and practices to fit in fitness – at home, on-the go, outdoors, or just about anywhere.

The practices in this series will help inspire individuals to incorporate more movement into their routines by finding surprising fitness opportunities and combining exercise with everyday activities. Program participants will also learn the benefits of building healthful fitness habits for the long term.

Why this Behavior is Important

[Research shows](#) that regular physical activity can help prevent future injury, support a healthy weight, regulate blood sugar, and reduce the risk of developing type 2 diabetes and certain cancers. To gain the benefits of regular exercise, [guidelines recommend](#) adults and older adults achieve a minimum of 150 minutes of moderate-intensity physical activity weekly. Every minute of exercise counts towards these totals - even short periods of exercise throughout the day.

What is Included in this Package

The following package includes 12 visual assets and related links to content featuring specific actionable practices designed to motivate individuals of all fitness levels to fit in fitness this Monday. Each informational article outlines the specific, creative details and benefits of each practice.

How to Use the Contents of this Package

Use this package to encourage individuals in your organization, community, or workplace to fit in fitness on their terms. The assets are designed to be shared through a variety of different communication channels; cut and paste the graphic and URL to use in digital messaging such as email, company website or social media channels or print out images for signage and bulletin boards and include URL for users to access additional information. We recommend using Monday as the day to send out these weekly cues because research shows individuals are more likely to adopt healthy habits towards at the beginning of the week.

¹ Data Decisions Group, 2019. 1,000 online survey respondents.

Week 1

Getting active doesn't have to be a workout.



#MoveItMonday MoveItMonday.org **MOVE IT MONDAY!**

Week 2

Fitting in a walk is as easy as finding a bad parking spot.
Make any errand an opportunity to get in extra steps.



#MoveItMonday MoveItMonday.org **MOVE IT MONDAY!**

Week 3

A park bench is for more than lounging.
Find somewhere scenic to fit in your lunges.



#MoveItMonday MoveItMonday.org **MOVE IT MONDAY!**

Week 4

LOOKING TO INCREASE YOUR STEP COUNT? AVOID SHOPPING ONLINE.
Unlike online shopping, walking through stores is a great way to burn calories. More so if you are carrying bags.



#MoveItMonday MoveItMonday.org **MOVE IT MONDAY!**

Week 5

THIS MONDAY, TAKE A STAND
Stand up more regularly, especially if you've been sitting for too long.



#MoveItMonday MoveItMonday.org **MOVE IT MONDAY!**

Week 6

One way to use a chair to beat a sedentary lifestyle.
This Monday, try some mini-workouts you can do anywhere.



#MoveItMonday MoveItMonday.org **MOVE IT MONDAY!**

Week 7

Burn calories, not toast.
Satisfy your hunger for exercise with a kitchen-inspired workout.



#MoveItMonday MoveItMonday.org **MOVE IT MONDAY!**

Week 8

STRETCH AWAY STRESS AND ANXIETY WITH CHAIR YOGA.
Try these three easy exercises.



#MoveItMonday MoveItMonday.org **MOVE IT MONDAY!**

Week 9

DANCE YOUR WAY TO HAPPINESS THIS MONDAY.
Dancing is a cardio exercise that helps to fight off stress and anxiety. Dance at home or find a class near you!



#MoveItMonday MoveItMonday.org **MOVE IT MONDAY!**

Week 10

PRACTICE YOUR BALANCE ANYWHERE.
A good sense of balance is essential to achieving your exercise goals. It can also help to prevent injury.



#MoveItMonday MoveItMonday.org **MOVE IT MONDAY!**

Week 11

Get thrifty with your fitness.
Transform any household item into workout weights.



#MoveItMonday MoveItMonday.org **MOVE IT MONDAY!**

Week 12

THIS MONDAY, REBOOT YOUR ENERGY WITH A MINI-WORKOUT
Short bursts of moderate activity, like desk squats, can help you stay healthy in the long run. A little can go a long way.



#MoveItMonday MoveItMonday.org **MOVE IT MONDAY!**