Sitting for prolonged periods of time is hazardous to your health, even if you get the recommended 30 minutes of physical activity a day. Take the Sit Less Move More 72-hour challenge and discover how simple it can be to be more active throughout the day.

**Directions:** Each day of the challenge add four Move More Options to your day. Choose from the list below or add your own ideas. Record your activities in the log. After you've completed the challenge card, walk on over to the Recreational Services Desk at Dixon to redeem it for a resistance band.

### Move More Options

**Active Communication:** Walk to a co-workers office to ask a question instead of sending them an email.

**Activity Break:** Try 3 of the Deskercise videos from RecSports. You can find them at: oregonstate.edu/recsports/slmm

**Stand More:** Stand and or pace for 10 minutes while reading or talking on the phone.

**Move More Meetings:** Schedule a walking meeting with a co-worker. For tips, visit: blogs.oregonstate.edu/bewell/be-active/sit-less-move-more/move-more-meetings/

**Calendar Reminder:** Set up a reminder on your outlook calendar 5 minutes before every hour. When the reminder pops up, stand up and walk around your building for 5 minutes, stretch by your desk, or go up and down a flight of stairs.

**Active Transportation:** Walk or bike to class/work instead of drive, help the environment too!

**Recreational Sports Orientation:** Stop by the fitness services desk in Weight Room 1 and ask for a fitness specialist for a Free 30 minute orientation to RecSports facilities and equipment.

**Break time walk:** Use your lunch or break time to take a 10 minute walk. Try two laps at Student Legacy Park, walk around the MU Quad 2 times, or walk with the Move-It-Monday group at Student Health Services.

**Add your own:** Fill in the log with your own ideas.

*Remember, the goal is to Move More each day - so don’t count activities that are already a part of your regular routine.

Complete the survey on the back of this card before redeeming your resistance band.
72 Hour Challenge: Faculty/Staff

Name & Email

1. Are you a
   __ Faculty
   __ Staff

2. Where did you hear about this challenge?
   __ OSU RecSports website
   __ At Dixon
   __ Social Media
   __ From a friend
   __ Other

3. The American College of Sports Medicine (ACSM) recommends that adults get 150 minutes a week (30 minutes 5 days a week) of moderate intensity physical activity. How many days a week do you get 30 minutes of moderate physical activity?
   __ day(s) a week

4. The ACSM recommends including cardiovascular exercises 3–5 days a week, strength exercises 2–3 days a week, and flexibility exercises 2–3 days a week as part of a regular physical activity routine. How many days a week do you include the following activities? Mark between 0–5 day(s).
   __ day(s) of Cardiorespiratory Exercise
   __ day(s) of Resistance Exercise
   __ day(s) of Flexibility Exercise

5. Use this chart to calculate on a typical day how many hours you spend sitting or in other sedentary activities.

<table>
<thead>
<tr>
<th>Seated/sedentary activity</th>
<th>Hours a day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eating</td>
<td></td>
</tr>
<tr>
<td>Driving/transportation</td>
<td></td>
</tr>
<tr>
<td>Watching TV</td>
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<tr>
<td>Video Games</td>
<td></td>
</tr>
<tr>
<td>Using Computer</td>
<td></td>
</tr>
<tr>
<td>Napping</td>
<td></td>
</tr>
<tr>
<td>Other</td>
<td></td>
</tr>
<tr>
<td>Total sedentary hours</td>
<td></td>
</tr>
</tbody>
</table>

6. This challenge increased my level of daily physical activity.
   __ agree  __ disagree

7. How confident are you that you can be more active?
   __ not at all confident
   __ somewhat confident
   __ very confident

8. I will continue to increase my level of physical activity after this challenge.
   __ agree  __ disagree

Additional Comments?

*Return card to the Recreational Services Desk at Dixon to redeem for a resistance band. Only one band per participant please.
This publication will be made available in accessible format upon request. Please call Wendy Little, 541-737-7096.