



Movement: A Fun Way to Exercise

Many of us shudder at the word “exercise,” and its association with strain and sweat. One solution: focus on movement instead. Moving more can be fun.

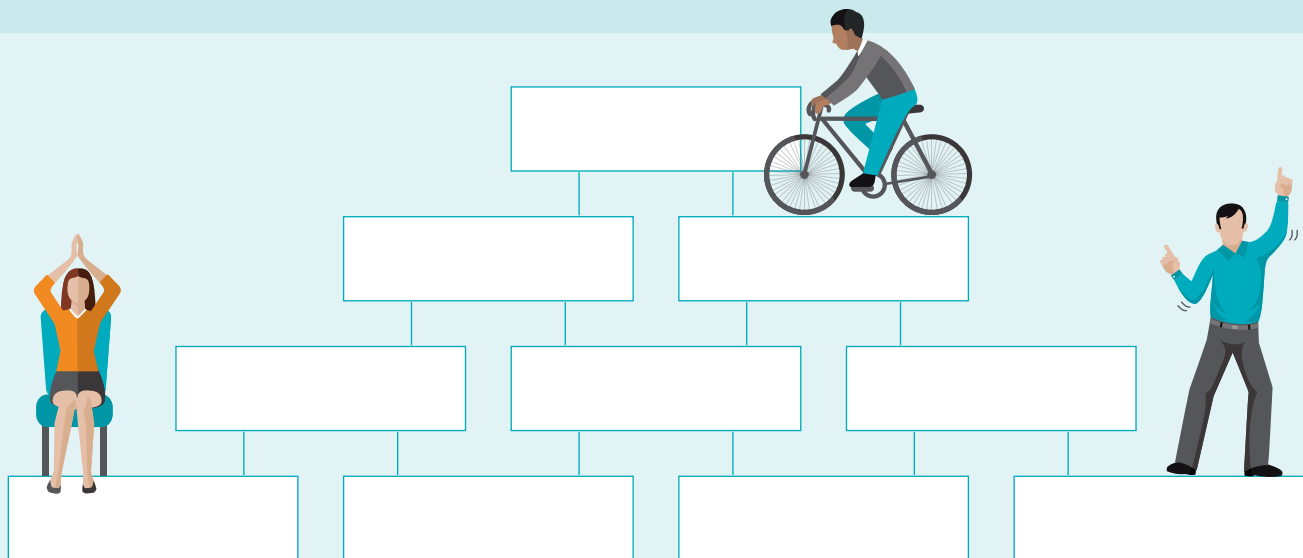
By making fun lifestyle changes to increase movement, you can get the physical and mental health benefits of exercise — without the dread.



ACTIVITY

Engage your team in a movement scavenger hunt. Ask your co-workers, “What’s your favorite fitness activity?” List their answers in the spaces provided below.

EXAMPLES: dancing, hiking, hula hooping, walking the dog, family activities such as hopscotch or jump rope, stretching in front of the TV, chair yoga exercise, roller skating and bicycling.



BONUS TEAM ACTIVITY

1. At your next huddle or meeting, share the results of the scavenger hunt with your team.
2. Ask your co-workers to identify 1 to 3 enjoyable activities you can all do together.
3. Complete the team activity and share your results at the July 29 UBT Health and Safety Champions’ tele-town hall.

RESOURCES

[Find your thing:](#) Fitness activities, A to Z. Do things that you love to do, and you’ll never feel like your workout is work.