Presented by:

Julie Chobdee, *Wellness Program Coordinator*

Kristie Elton, *Physical Therapist/Ergonomist*
What Is Move More for 3-4?

- An awareness messaging campaign sponsored by the UCR Faculty and Staff Wellness Program and Ergonomics Program

- A communications strategy to promote and encourage movement throughout the day
Goals

- Increase movement/activity throughout the day
- Promote better health
- Reduce ergonomic risks
- Create a positive, healthy culture change
Campaign Message

Move More

- 3-4 minutes every hour
- That accumulates to 24-40 minutes of movement at work!

Move More at work and at home

for 3 to 4
Facts About Prolonged Sitting

- Chronic inactivity is a serious health risk
- Individuals who exercise regularly nearly negate the effort by sitting for hours afterward
- It increases the risk of premature death by 40%
- Doubles the rate of cardiovascular disease compared to non-sedentary people
Short activity breaks during the workday
Our Guest Speaker

Dr. Denise Woods, DrPH, MA
Post-Doctoral Fellow, UCLA Fielding School of Public Health
Move More Campaign

› Move 3-4 minutes every hour
› Spread the Campaign message
› Weekly “Move More” tips
› Share creative ideas on moving more at work

Marketing Materials
› Flyers
› Emails
› Bookmark/Page finder
› Webpage
Move More at Work Examples

- Incorporating movement breaks into meetings
- Walking groups
- Walking meetings
- Walking lunches
- Desk exercises
- Remote parking spots
- Walk vs. email co-worker
- Take the stairs!
Select the profile that works best for you
CtrlWORK is analyzing

CtrlWORK is analyzing your working patterns in order to advise the right profile for you.

Feedback for the last 7 days:

- Computer time: 01:10
- % Mouse usage: 0%
- Compliance with breaks: 100%
- Time-out compliance: 100%
Ergonomic messaging throughout the day

Hourly stretch breaks
Leading by Example

First, I start my day with a half hour on the treadmill watching the Daily Show with Jon Stewart. No matter what the rest of the day has in store, I am revved up physically and in good humor!

While I may not always have time to walk from one meeting to the next, I always park a little further out and take the stairs.

And when in the office, I take my 3-4 minute break to grab some coffee and visit folks in the office.

And I always take time to laugh!

So get moving, be well, and yuck it up!! ~ Andy Plumley, Assistant Vice Chancellor, HDRS.
Incentives

› Instant Recess DVD’s
› Move More handouts, brochures, and tips
Program Wrap Up and Continuation

- Observation
- Evaluation Form
  - Did you increase your movement?
  - Did you experience any positive health benefits/risk reduction?
- Quarterly messages and reminders
Let’s Practice Moving!
More Information

wellness.ucr.edu
ergonomics.ucr.edu

951-827-1488
951-827-6315

julie.chobdee@ucr.edu
kristie.elton@ucr.edu