

PHYSICAL CHALLENGE

Temple College Wellness Initiative

Fast Facts

Just getting out of bed, you have completed a physical challenge, congratulations! Now push yourself a little harder this week. There are a vast number of benefits to physical activity, which include:

- Improves thinking
- Reduces stress
- Improves sleep
- Weight management
- Reduces health risks
- Strengthens bones and muscles

Feeling better overall, a sense of accomplishment, and doing something for yourself are additional benefits to getting up and moving. It's easy to do, no cost involved and you get out of it what you put into it. Make a commitment this week to improve your physical wellbeing and make it a habit that sticks.



*Take care of your body.
It's the only place
you have to live.*

- Jim Rohn

Your Weekly Challenge:

Pick one for your fitness level or pick them all, it's your challenge to complete.

- Set timer to get up and stretch 2 minutes every hour
- Take the stairs
- Park farther away
- Take a walk during break or lunch, even if it's just up and down the hallway.
- Perform DeskFit exercises:
 - Examples: seated marches, seated leg extension, calf raises, stand and sit.

Linked Resources:

- **[Fitness Program:](#)** Visit the Blue Cross Blue Shield website (if applicable). Enroll for gym memberships and online/on-demand digital content.
- **[Well on Target:](#)** If you completed the BCBS Well on Target assessment, utilize a recommended activity and earn Blue Points.
- **[DeskFit Booklet:](#)** Learn more about the exercises mentioned above.