



## POWER PLAYER GUIDE

### What?

**Definition:** A POWER PLAYER is always on the look-out for opportunities to move their bodies, to be in action and to choose life.

*“I have set before you life and death, blessing and cursing: therefore **choose life**, so that you and your children may live.” – Deuteronomy 30:19*

### Why?



Sedentary lifestyles are harmful, if not deadly, to your health. The popular phrase is now “Sitting is the New Smoking.”










Research has shown that you can potentially burn up to an additional 350 calories/day by increasing your non-exercise activity.

*It's time to get into ACTION!*













# HOW?

## AROUND THE HOUSE

-  Take a walk around the block or around the house to get your day started
-  Walk with your kids to find out about their days
-  Cook More – get a few squats in when you bend or reach for something. Put on some music and dance around as you create.
-  Pop-Up Dance Party!
-  Cleaning – Get in a little bit every day/Consider washing more dishes by hand.
-  Garden!
-  Walk the Dog – You both could use the extra steps

## AROUND THE OFFICE

-  Change your mode of transportation every once in a while (walk, bike, take the bus)
-  Walk 30 minutes at lunch
-  Take a 10-minute break to walk the halls or stairs every few hours
-  Do a face to face visit vs. calling or email
-  Have a “walk and talk” meeting vs. sitting at a desk
-  Pace when you’re on the phone
-  Get an adjustable desk and alternate between standing and sitting
-  Move your garbage can away from your desk
-  Set a time to get up every hour to stretch and walk across the room
-  Drink more water = more bathroom breaks

## **OUT AND ABOUT**



Park and Walk – Find the farthest parking space



Avoid energy saving devices (Escalators/Elevators, moving walkways)



Mall Walk



When you get in and out of your car – get a few squats in



How about a bathroom workout? Sneak-in a few squats, lunges or standing crunches at the sink

**GET CREATIVE AND STAY IN ACTION!**