Thank you for your interest in the American Diabetes Association’s National Get Fit Don’t Sit Day! We are excited to welcome your company as a part of this important and fun day of wellness.

The goal of the National Get Fit Don’t Sit Day is to encourage people to get up and move throughout the day. This e-toolkit will empower your company with the tools and inspiration to engage your employees in fun, healthy activities that get them out of their chairs and moving more. The ideas are scalable to fit what works best for your company. You decide how to best celebrate the day, based on your corporate culture.

The e-toolkit and attachments include:

• Implementation tips for your Get Fit Don’t Sit Day Coordinator
• Get Up and Move Ideas for the day from walking and biking, to hula-hooping and yoga
• Ways to share your participation via Facebook and the #GetFitDontSit hashtag
• “Prep to Step” ideas to integrate the Step Out: Walk to Stop Diabetes into your National Get Fit Don’t Sit Day activities
• Customizable Poster sized 8.5 x 11 or 11 x 17 that include space for you to fill in your company activity
• Exercises at Your Desk handout
• Stickers that can be printed and given to every employee that participates
• Facebook header that you and your employees can use to encourage participation in the day
• Promotional banners
• Email templates
• Press Release template

If you have any questions or need any guidance from us as to how to best bring the National Get Fit Don’t Sit Day to life at your company, please don’t hesitate to reach out.

We are extremely proud that you are supporting this activity and look forward to seeing how your company embraces the day of wellness. Make sure to post pictures to our Facebook page and share your successes with the day.

Thank you,
The American Diabetes Association Team
Appoint an internal champion or set up a committee to communicate to all employees about participation in the day and to identify and set up the idea(s) for how your company will implement National Get Fit Don’t Sit Day.

Engage your CEO and involve your senior leadership, i.e., have him/her lead the activity you have chosen for the day.

Decide on your activity or activities for the day; if your building requires special notice that you will be using a central grassy area, or other resources are required, have all those logistical details put in place.

Communicate, communicate, communicate! Utilize your internal communication channels, use the National Get Fit Don’t Sit Day e-tool kit resources (email templates, etc.), and posters to spread the word in your company.

Remind all employees the day before of your activity — tomorrow is National Get Fit Don’t Sit Day and any action they need to take to participate (i.e., if you’re having a group yoga class, encourage them to bring a mat to work).

Do a last check-in on any logistical details. If your CEO is kicking things off make sure he/she has prepared information on why getting up and active is important to your health.

Use the day to promote your internal wellness offerings.

Encourage promotion on social media on how and why your company is participating in National Get Fit Don’t Sit Day. Make sure to use the hashtag #GetFitDontSit on all social media posts. Be sure to post messages and photos to the Association’s Facebook page too.

Use the day as an opportunity for employee engagement and team-building, making the most out of the activity and sharing that your company cares.

Make sure to invite family and friends, other companies in your community and even your competitors to participate in the day. Have fun adopting healthier habits and supporting the American Diabetes Association!
Allow employees to have it be a “work out” wear at work day. They could wear sneakers that day or other workplace appropriate exercise wear.

Walking ideas for National Get Fit Don’t Sit Day:

- Have an organized company walk, led by your top executive.
- Use the day as a kick off to a company walking challenge.
- Have a walking scavenger hunt around your company campus or building.
- Don’t phone or email internally that day, walk to someone’s desk if you need something.
- Have an every 90-minute get up and walk around alert/challenge.
- Turn all meetings that day into walking meetings.

Encourage biking to work.
- Hold a company stair climbing challenge.
- Encourage employees to participate in “lunch-er-cise.”
- Encourage DIY Desk Exercises.
- Distribute information about getting up and getting active.
- Reach out to local fitness establishments to secure an instructor to come to your office for a stretching class, yoga, or general fitness talk. Encourage your employees to “bring their mats” to work that day.
- Host a day of “power-hours.” Set a timer and every hour, stand up and together stretch for a quick 60 seconds.
- Encourage everyone to take the furthest parking space that day.
• “Prep to Step”, if your company participates in the Step Out: Walk to Stop Diabetes — encourage team captains to walk around recruiting walkers.

• Support the cause by raising pledges for every minute of not sitting — use your office intranet to promote a contest to get your fundraising going.

• Set up circuit training stations (like the ones you see in parks and gyms) in common areas such as kitchen/cafeteria or copy room. Station #1 could be push ups, station #2 could be high knees. While waiting for copies or your lunch you get a little exercise.

• Utilize your internal communication vehicles to initiate “Flash Mobs” by directing employees to a specific location for a little dance party! These should be randomly scheduled. Promote this on social media.

• Allow everyone (staff-wide) a 30 minute exercise session during this day. As long as each person agrees to get in a walk or some other exercise, allow them this company time for this purpose.

• Have a hula hoop-a-thon or a hula hoop contest, or some other type of activity contest.

• Random acts of kindness — instead of promoting a specific activity, encourage staff to find their own way to be active that day and ask them to share with your wellness coordinator what they’ve done. You could have random prizes such as short-term gym memberships, gift cards to an athletic apparel store, free sneaker voucher, etc.

• Get Fit Focus — invite a trainer or other fitness expert in for a lunch and learn/session.

• Challenge other companies in your community or industry to match your day’s fitness activities.

• Set up the day like you would a marathon: each employee commits to a certain number of steps that day, e.g., how far could you go — around the world or to the moon?

• “Simon Says” — The “Simon” of the day creates a checklist of 3-5 items to accomplish. Items like: eat a healthy lunch, host a meeting standing or walking, go for a 30 minute walk, take the stairs, etc. This can be pinned up in the lunch room, or a shared file within the office. As co-workers check off the health and wellness items throughout the day, the first to check them all becomes the next “Simon” and takes the lead on the next day. Supplement the activities with an incentive or recognition for all associates!

WWW.WELLNESSLIVESHERE.ORG
On National Get Fit Don’t Sit Day (May 6), make sure to share photos and/or videos of your employees and your company in action. Picture and post ideas:

- Your CEO or top executive in a suit and sneakers #GetFitDontSit
- A group of employees walking or some other form of exercise #GetFitDontSit
- Taking the stairs selfies #GetFitDontSit
- A company-wide flash mob dance party or hula-hoop-a-thon #GetFitDontSit

FACEBOOK MESSAGES

- Get up, get moving! We’re marking the American Diabetes Association’s first National Get Fit Don’t Sit Day with [activity]! No sitting around today for all of us at [Company Name]! #GetFitDontSit
- Did you know? The American Diabetes Association recommends everyone, including people with diabetes, limit the amount of time they spend sitting. That’s why we’re [activity] for National Get Fit Don’t Sit Day. #GetFitDontSit
- Today is the American Diabetes Association’s first Get Fit Don’t Sit Day. So don’t just sit there! We at [Company Name] pledge to get up and get moving at least every 90 minutes - today and every day! #GetFitDontSit

TWITTER/INSTAGRAM MESSAGES

- Get up, get moving! We’re marking the @AmDiabetesAssn 1st #GetFitDontSit day w/ [activity]!
- We pledge to get up and get moving at least every 90 minutes – today and every day! #GetFitDontSit @AmDiabetesAssn
- Don’t just sit there! [Company Name] employees are up and at ‘em for @AmDiabetesAssn 1st National #GetFitDontSit Day!

To Link or Tag the American Diabetes Association Social Media:
https://www.facebook.com/AmericanDiabetesAssociation
https://twitter.com/AmDiabetesAssn
https://instagram.com/amdiabetesassn/

WWW.WELLNESSLIVESHERE.ORG
IDEAS FOR COMPANIES

• Announce that your company will be participating in the Step Out: Walk to Stop Diabetes and invite employees and/or departments to sign up as Team Captains and Walkers.

• At your company organized National Get Fit Don’t Sit Day activity arrange to have Step Out Walk team information, event day details, and how to sign up to join the company team(s).

• At your company’s National Get Fit Don’t Sit Day activities if you have multiple teams use a ribbon, special hat, sticker, or other designation to identify Team Captains. Reward the Team Captain recruiting the most walkers that day with some type of fitness or health incentive.

• Use a company-wide walking challenge leading up to the Step Out: Walk to Stop Diabetes as a way to motivate participants and encourage healthier behaviors. Host a “walk around the building” and use the opportunity to invite employees to join the company Step Out team.

IDEAS FOR TEAM CAPTAINS

• Get excited! Your enthusiasm is contagious. Walk around your office, floor, or department on National Get Fit Don’t Sit Day and invite people to join your team and sign up to participate.

• Make National Get Fit Don’t Sit Day your walker recruitment day. Encourage everyone to sign up that day. Ask walkers personally to join your team, people respond best to a personal ask.

• Encourage your walkers to send emails on National Get Fit Don’t Sit Day sharing the encouragement with their friends and donors to Get Up and Move. Walkers can also ask for a donation at the same time.

FUNDRAISING IDEAS

• Ask for a $5 donation from employees for the opportunity to wear workplace appropriate fitness-wear, sneakers at work, or their favorite team jersey.

• Have a healthy potluck lunch or other healthy snack activity as part of your National Get Fit Don’t Sit Day activities. Ask for a small donation for the lunch or food items.

• If you are having an organized class such as yoga, ask for a $5 donation for the class participation.
Take a step toward a healthier you!
The American Diabetes Association recommends that everyone, including people with diabetes, limit the amount of time they spend sitting.

Get up and get moving at least every 90 minutes.

COMPANY ACTIVITY:

WWW.WELLNESSLIVESHERE.ORG
Desk Moves

Got 10 minutes? Try these seated moves to improve your fitness.

By Lindsey Wahowiak | Illustrations by David Preiss

GET READY. Focus on posture: Sit on your sitz bones (if you sit on your hands, you can probably feel them) rather than your tailbone. Tighten your belly (think about bringing your belly button toward your spine), lift the rib cage, hold your neck long and straight, and tuck your chin down and back so you feel a long stretch on the back of your neck. “Feel like you have a string pulling up from the top of your head,” suggests Mary Ann Wilson, RN, an ACE-certified trainer and host of Sit and Be Fit on PBS for almost 27 years. Breathe from the belly (you want your stomach to expand, not just your chest).

MARCH IN PLACE. While you’re holding an upright posture, march in place with your seat firmly planted. Swing the opposite arm as you march each foot forward. Anne Pringle Burnell, an ACE- and Aerobics and Fitness Association of America–certified trainer and founder of Stronger Seniors, suggests alternating marches with toe taps and heel taps. “An easy choice for [adding] aerobics is when you reach and tap one toe forward, reach hands forward at the same time,” Burnell says. “You can reach higher and higher, or do a little boxing maneuver with jabs, uppercuts, a cross punch, and a hook.” If you’re new to exercise, marching in place with arm movements for 20 minutes will get your heart rate pumping to aerobic levels.

SEATED JUMPING JACK. Nicole Nichols, an ACE-certified personal trainer and fitness expert at sparkpeople.com, recommends the seated jumping jack. Start with knees bent and arms resting at your sides; then extend your legs, straight and wide, with heels on the floor, and raise your arms in a V. Then bring your limbs back to the center. Repeat for several minutes. “It does actually elevate the heart rate and give you an aerobic benefit, but the key is to do it long enough—at least 10 minutes or so,” Nichols says.

DO THE “PEEKABOO.” This will work your entire upper body, says LeeAnn Langdon, an ACE-certified personal trainer. Form a goalpost with your arms: Keep your upper arms (shoulders to elbows) parallel to the floor and your lower arms (elbows to hands) perpendicular to it. Bring your forearms together in front of your face. Return your arms to the starting point, squeezing your shoulder blades together, and repeat as long as you can hold proper form. Your back, chest, and arms will get a workout.
RELEASE SOME TENSION. “Take a little back break during the day!” Burnell says. With the best posture you can muster, stretch and reach your arms overhead so that you’re lengthening your spine. Alternate moving your hands as though you’re climbing a rope, pulling yourself up. You’ll notice that you’re getting movement in your rib cage and spine. “This is a great exercise to get people to not squish their spines,” Burnell says.

MOVE YOUR JOINTS. “We need to lubricate the joints, which means moving those joints in a gentle way,” says Wilson. She says to get synovial fluid (the liquid that protects joints) moving, picture a sponge between each joint: When you flex it, you wring it out, and when you relax it, liquid is let back in. Shoulder rolls are great for this because they make four major muscle groups meet. Bring your shoulders forward, up to your ears, back, and then relax. Repeat as long as it feels good. Before you switch to roll your shoulders backwards, Wilson suggests letting your arms hang and swing gently, like pendulums. “It’s great for the rotator cuff,” she says.

FOCUS ON EXTREMITIES. Work the wrists first. Hold your arms straight in front of you and flex the wrist, as though you’re saying “Halt!” Then rotate your palm so your fingertips point toward the floor. Repeat until you feel the stretch. When working the ankles, draw letters of the alphabet with each foot.

GET HEAVY. Adding some light exercise weights (dumbbells, weighted balls, or even a soup can) or resistance bands is an important way to gain strength. Nichols suggests getting a resistance band (found at some discount stores for as little as $3) and anchoring it by sitting on it. Now you can work your entire upper body—holding the ends of the band in your hands, try starting with bicep curls.

Talk to your doctor before making any big change in your exercise plan.

If you put all of these moves together, you can work up to the recommended 30 minutes of exercise per day. But if you have too little time for a full workout, don’t fret. You can exercise in 10-minute chunks.

Brought to you by the American Diabetes Association. For answers to your questions about prediabetes and diabetes, call 1-800-DIABETES (1-800-342-2383).

www.WellnessLivesHere.org