

STRUCTURAL BUILDING COMPONENTS MAGAZINE

May 2009 Support Document

Safety Scene: Finding the Time for Fitness

by Molly E. Butz

No Time? Quick Tips for Fitting Fitness into Your Routine

- Add it to your calendar/schedule and treat it like you would any other “official” appointment.
- Try to work out at the same time every day, that way exercise is just another part of your daily routine.
- Exercise in conjunction with other more sedentary activities, for instance, get on a treadmill while you watch TV or read.
- Take a brisk walk at lunch; you only need 20-30 minutes of exercise a day!
- Choose something you enjoy! Even rigorous gardening can be a good workout.
- Join a recreational sports team, such as softball or volleyball. It will feel like you’re in it for the fun but you will be getting exercise, too.
- Take the hard road: walk or ride a bike to work, park far away when you’re out and about and always take the stairs!

2009 National President’s Challenge

Looking for an interesting and low-cost way to encourage your staff to get more exercise? Consider promoting the 2009 National President’s Challenge at work! The purpose of the challenge is to get people moving and it’s simple, too. Here’s what you’ll need to know:

- It’s free
- Register between May 1-29 at www.presidentschallenge.org
- Register as an individual or part of a group
- Choose a program and get active!
- Between May 1 and June 24, be active five days a week for 6 out of 8 weeks and log your activity online
- Download your free certificate when you complete the program!

National President’s Challenge: Be Active Your Way In May!