



*Beat the Seat!*

# Deskercise Challenge

**Begins October 1, 2016**

Are you sitting too much?

This challenge encourages employees to get up from the desk and move during the work day. If you work at a desk or are in a seated position for long stretches of time, you place excessive stress on certain muscles resulting in poor posture and increased risk of certain health conditions.

Having a regular fitness routine is good; however, it may not counteract the effects of a prolonged sedentary lifestyle. It is recommended that individuals take a break from sitting every half hour to an hour throughout the day, and this challenge will help you get started!

➤ [Register for the 30-Day Deskercise Challenge](#)

## What's the Challenge?

- Take a 5-minute stretch break twice daily for one month. That's the challenge!
- You will receive an October calendar with video links for each work day.
- The videos feature County employees demonstrating simple stretches. All you have to do is follow along.
- There will be a total of 42 opportunities to deskercise in October (two times a day, five days a week). The goal is to participate in as many stretch breaks as possible.
- Encourage your coworkers to sign up too. It's more fun to do with friends!
- **BONUS** stress relief videos twice a week.
- **PRIZES** will be awarded.
- **Register by September 30.**



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