



May 2025

## Move More, Live Better: Simple Ways to Stay Active This May





"MOVEMENT IS A MEDICINE FOR CREATING CHANGE IN A PERSON'S PHYSICAL, EMOTIONAL, AND MENTAL STATES."  
– CAROL WELCH

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Codie blends her background as an Alaskan camp counselor and PE teacher to create personalized, engaging wellness plans. With years of experience working with youth (and their legendary stubbornness), she now brings that same playful, people-first approach to adult wellness—because deep down, we're all kids at heart.



## Move More, Live Better: Simple Ways to Stay Active This May

**May is National Physical Fitness and Sports Month**—a time to reset, recharge, and think about the way we move throughout the day. In a world dominated by screens, long commutes, and endless to-do lists, physical activity can easily fall to the bottom of the priorities. But a sedentary lifestyle comes with serious health risks. The [World Health Organization \(2022\)](#) lists physical inactivity as the fourth leading cause of global mortality, contributing to over 3 million preventable deaths each year. The good news? You don't need to run a marathon or become a gym rat to enjoy the benefits of movement.

Just 30 minutes of physical activity a day—whether it's a brisk walk, dance break, or bodyweight workout—can lower stress, boost mood, improve sleep, and reduce your risk of chronic illness ([CDC, 2022](#)).

So this May, let's explore simple, realistic ways to move more, no matter your lifestyle.



# Everyday Fitness for Every Type of Life

## For Office Workers:

### Undo the Sitting Syndrome

If you spend most of your day at a desk, take heart—movement can still be part of your routine. Research shows that prolonged sitting increases the risk of cardiovascular disease and diabetes, even in people who exercise regularly ([Mayo Clinic, 2022](#)). Try standing up or walking around for a few minutes every hour. Simple [desk stretches](#) like shoulder rolls, seated twists, and wrist rolls can relieve tension and improve circulation. You can also turn everyday moments—like walking to a coworker’s desk or taking the stairs—into opportunities for movement.

## For Busy Parents:

### Turn Play Into a Workout

Finding time for fitness as a parent can feel impossible, but it doesn’t have to be. [Activities like playing tag, dancing, or stroller walking can burn more than 200 calories in just 30 minutes.](#) Try to make it fun! Have a living room dance party, play [active games](#) outside, or turn a trip to the park into a mini obstacle course. You will bond with your kids while improving your health.

## For Walkers & Weekend Warriors:

### Keep It Simple

Walking is one of the most accessible and effective ways to stay fit. The [CDC](#) recommends 150 minutes of moderate-intensity aerobic activity per week, and brisk walking fits the bill. Aim for 10,000 steps per day, or start with two 15-minute walks daily. Use walking as a way to explore your neighborhood, listen to the [Wellcast](#), or spend time with loved ones. On weekends, try beginner hikes, local yoga classes, or casual sports leagues for added variety.

## For Homebodies:

### Get Fit in Your Living Room

No gym? No problem. Bodyweight movements like squats, lunges, pushups, and planks are incredibly effective. According to the American College of Sports Medicine ([2021](#)), just two 20-minute strength sessions per week can improve muscle tone, bone health, and balance. Online platforms like [Fitness Blender](#) or [Nike Training Club](#) offer free, equipment-free routines that make home workouts simple and enjoyable.

# Habits That Stick: How to Make Movement Part of Your Life

## Start Small, Stay Consistent

Big goals can be overwhelming. Instead of saying “I’ll work out every day,” say, “I’ll walk for 10 minutes after lunch on weekdays.” According to goal-setting research, specific and achievable goals lead to better success than vague resolutions ([Locke & Latham, 2002](#)).

## Use Habit Stacking

James Clear’s book *Atomic Habits* introduces “habit stacking,” or attaching a new habit to an existing one. For example, after brushing your teeth, do 10 squats. While your coffee brews, stretch your arms. These micro-habits add up and create consistency over time (Clear, 2018).

## Track and Celebrate Progress

Use a fitness tracker, like [WellSteps](#), or a simple journal to record your movement. Seeing progress builds momentum and confidence. Invite friends to join you in a challenge or sign up for a local event to stay engaged.

## Make It Social, Make It Fun

Movement should be enjoyable—not a punishment. Whether it's dancing in the kitchen, joining a pickup basketball game, or walking with a friend, find what lights you up. Social support can double your chances of sticking with a new habit ([Wing & Jeffery, 1999](#)).

## Listen to Your Body

Rest and recovery are just as important as movement. Make sure to hydrate, sleep well, and take rest days when needed. Progress comes from consistency, not perfection.

"HABITS ARE NOT A FINISH LINE TO BE CROSSED, THEY ARE A LIFESTYLE TO BE LIVED."

– JAMES CLEAR

# WellSteps Challenges

WellSteps challenges are fun, goal-based wellness activities that help you build healthy habits through friendly competition. Simply log in to the WellSteps platform, join a challenge, and track your progress—either manually or by syncing a fitness device. Participate individually or challenge a coworker, earn points, and stay motivated with leaderboards and rewards. Try one out this month and see how it goes!

Salt Lake County

**Challenges**  
Individual Challenges: 0  
Peer Challenges: 1

[How this works](#)

Schedule | Current | Upcoming | History

<b>1,000 Reps</b> Complete 1,000 reps of your selected exercise.	<b>Beat the Sweets</b> Choose a nutrient-dense food over a high-sugar food each day.	<b>Breakfast Boost</b> Implement at least one healthy breakfast habit to start your day off right!	<b>Bring It On</b> Sync a device and track the most steps or miles. Recommended for peers. <small>*Wearable device data only</small>
<b>Daily 30</b> Get at least 30 minutes of exercise. All types of exercise and movement count!	<b>Eat Your Vegetables</b> Eat 3 or more servings of vegetables. The more the better when it comes to veggies!	<b>Financial Wellness</b> Complete simple tasks to improve your financial habits. Every penny counts!	<b>Fruit It Up</b> Eat at least three servings of fruit each day.
<b>Get Organized</b> Spend at least 10 minutes everyday organizing a different area of your life.	<b>Go For H2O</b> Drink more water by choosing water over all other beverages. Hydration helps everything!	<b>Go for the Goal</b> Set personal goals and work toward completing them.	<b>Kindness Counts</b> Perform at least one act of kindness every day!
<b>Mindfulness Matters</b> Spend time practicing mindfulness strategies, including deep breathing, meditation, and more!	<b>Quest to 10,000</b> Take at least 10,000 steps a day on your quest for treasure. <small>*Wearable device integration available</small>	<b>Step It Up</b> Get as many steps as you can in two weeks to summit mountains. <small>*Wearable device integration available</small>	<b>Stress Down</b> Spend 10 minutes everyday practicing stress-reducing techniques. Examples and ideas provided!
<b>Sweet Dreams</b> Try to achieve 7-8 hours of restful sleep every night. Sweet Dreams!	<b>Take Care of You</b> Engage in at least one self care activity. Less is more when it comes to stress!	<b>Washing Works</b> Practice healthy hand washing to reduce the spread of germs. Report how many times you washed each day.	