



MOVE BETTER



**FEEL,
LIVE &
WORK
BETTER**



MOVE BETTER

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MOVE BETTER

WELCOME to **MOVE BETTER!**

Your Race, Your Pace, Your Wellbeing.

Think of this as the start of an incredible race—one designed just for you. The ultimate prize? A healthier, more vibrant version of yourself.

Along the course, you'll find everything you need to build strength and resilience, helping you Feel, Live, and Work Better every single day.

To get you there, Move Better provides the tools to:

- **Increase Energy:** Beat the afternoon slump and improve your focus.
- **Reduce Stress:** Use active and mindful movement to unwind.
- **Prevent Injury:** Learn key stretches for your workday and beyond.
- **Improve Health:** Get simple tips for staying active and heart-healthy.

This is more than just a resource; it's a commitment we're making to each other. We'll share the challenges and celebrate the victories, because Together, we are better.

*The starting line is right here.
Let's go!*

The Gear Shed

Resources to Get You Moving

HMH offers a number of resources to help you on your fitness journey. Discounted gym memberships and educational health and wellness tools are available.

Education Tools via Optum

<https://www.liveandworkwell.com/en/public> (access HMHNEAP)

Phone: 1866-407-5252

Gym Discounts

- Horizon Blue 365 <https://www.blue365deals.com/>
- BenefitHUB <https://hmhn.benefithub> code: HMH25

Ramp Health Tools:

- [Benefits of Strength Training](#)
- [Benefits of Stretching](#)
- [Benefits of Cardiovascular Activity](#)
- [Exercise and Arthritis](#)
- [Fitness Walking](#)
- [Physical Activity Scorecard](#)
- [Stretches - Micro Breaks](#)
- [What Happens When You Sit Too Long](#)

Health U: [Fitness Articles Hackensack Meridian Health](#)

TikToks:

- [How do doctors start off the new year right? Dr. Boustani shares the h... | TikTok](#)
- [We're back with Dr. Okere for a cardiologist approved workout routine](#)
- [Stretch your hip flexors and get ready for a pain-free workout with th... | TikTok](#)
- [Take a hike! As the weather gets colder, the incredible health benefit... | TikTok](#)

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Your Pit Crew

Specialists and Spaces

Motivation Space: A space for movement tips, community goals, active accountability, and sharing milestone accomplishments. [Live Chat](#)

Mid Shift Movement Invite: This is your daily reminder to step away from the screen and recharge. It's not a meeting—just a recurring calendar event with short videos and tips to help you move. Accept the invite to add this wellness break to your day! [Mid Shift Movement Calendar](#)

Partner with a Wellness Coach

A Wellness Coach acts as your personal guide, helping you create a health and fitness plan tailored to your unique lifestyle and goals. They can help you understand your starting point with a simple movement assessment and provide expert advice on building healthy habits that last.

- [Who is Your Coach?](#)
- [5 Reasons to See a Wellness Coach](#)

WellRight Wellbeing Incentive Platform:



Get Rewarded for Moving Better!

This is the official space for the HMH **MOVE BETTER** Healthy Competition. Join physical challenges, access helpful tips, and get rewarded for improving your overall wellbeing.

Get started here: Join from any device - computer or mobile:
[WellRight](#)

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The Starting Line

Why Movement Matters

Every commitment to yourself begins with the decision to show up.

Before you make your first move, it's important to understand *why* you're choosing to be active. Physical activity is one of the most powerful investments you can make in your overall wellbeing.

The Finish Line Benefits:

- **Boosts Brain Power:** Improves focus, creativity, and mental clarity.
- **Supercharges Your Mood:** Reduces stress and anxiety by releasing mood-boosting endorphins.
- **Increases Your Energy:** Gives you more energy in return, helping you beat the afternoon slump.
- **Improves Your Sleep:** Promotes deeper, more restorative rest.
- **Strengthens Your Body:** Builds stronger muscles, bones, and improves heart health.
- **Enhances Your Resilience:** Helps your body and mind better handle physical and mental stress.

Your "Why"

Take a moment. What is your personal reason for wanting to **MOVE BETTER**?

Is it to have more energy for your family? To feel more confident? To manage stress? Write it down and keep it somewhere visible. This is your personal motivation to get to the starting line.

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The Warm-Up Lap

Preparing for Success

You wouldn't start a race with cold muscles. This phase is about preparing your mind and body for the journey ahead.

Dynamic Stretches to Start Your Day (or Workout):

Unlike static stretches (holding a position), dynamic stretches involve movement. Do 5-10 reps of each.

- **Arm Circles:** Small circles forward, then backward. Gradually make them bigger.
- **Torso Twists:** Stand with feet shoulder-width apart and gently twist your upper body from side to side.
- **Leg Swings:** Hold onto a wall or desk for balance and swing one leg forward and backward, then side to side. Repeat on the other leg.
- **High Knees & Butt Kicks:** March in place, bringing your knees up high, then switch to kicking your heels toward your glutes.

Mindful Movement Check-in:

Before you begin any activity, take 30 seconds.

1. Stand or sit tall.
2. Take a deep breath in through your nose, and a long breath out through your mouth.
3. Scan your body. How do you feel? Are you tense? Tired? Energized?
4. Set an intention. It can be as simple as, "I will enjoy this 10-minute walk." This connects your mind to your body and makes the movement more purposeful.

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On Your Mark, Get Set: MOVE BETTER!

From Sedentary to Moving

The biggest hurdle in any race isn't the finish line; it's the starting line. This first mile is about building momentum with small, achievable steps where consistency is more important than speed.

Before You Start: Move Safely

- **Start Low, Go Slow:** Begin with low-intensity activities and gradually increase how often and how long you do them.
- **Stay Safe:** Use proper gear and choose safe environments.
- **Consult a Professional:** If you have a chronic health condition, talk to your doctor first.

Simple Ways to Weave Movement into Your Day

- **The "Plus One" Rule:** Find one small way to move more daily (e.g., take the stairs, park further away, stand during a call).
- **The 5-Minute Favor:** Take a 5-minute movement break to walk or stretch. Set a timer if it helps!
- **Hydration Walks:** Every time you get water, take the long route back to your desk.
- **Commercial Break Challenge:** During TV commercials, stand up and march in place or do squats.
- **Chore Power:** Turn up the music and put extra energy into household chores.

Your First Mile Takeaway

Remember, consistency beats perfection. Every small choice builds momentum for your race. The most important step is the one you just took by starting—celebrate it.

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Picking Up the Pace

The Couch to 5k Challenge

Ready to take on a bigger challenge? The Couch to 5k is a program designed to get just about anyone from walking to running 5 kilometres (or 30 minutes straight) in 9 weeks.

How It Works: Three times a week, you'll alternate between walking and running, steadily increasing your run time to safely build your stamina.

Pro Tip: Don't Forget to Stretch! Before you run, perform *dynamic stretches* (like leg swings) to prepare your muscles. After you run, use *static stretches* (holding a position) to improve flexibility and aid recovery.

Your 9-Week Training Plan:

Include a 5-minute warm-up walk and a 5-minute cool-down walk in each session.

- **Week 1:** Alternate 60 seconds of running with 90 seconds of walking (repeat 7 times).
- **Week 2:** Alternate 90 seconds of running with 2 minutes of walking (repeat 5 times), followed by a final 90-second run.
- **Week 3:** A sequence of runs (90 sec, 3 min, 90 sec, 3 min) with walking breaks in between.
- **Week 4:** A sequence of runs (3 min, 5 min, 3 min, 5 min) with walking breaks in between.
- **Week 5:** Run for 5 minutes and walk for 3 minutes (repeat 3 times).
- **Week 6:** A sequence of runs (5 min, 8 min, 5 min) with 3-minute walking breaks in between.
- **Week 7:** Run for 25 minutes straight.
- **Week 8:** Run for 28 minutes straight.
- **Week 9:** Run for 30 minutes straight.

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Finding Your Stride

The Joy of Movement

The secret to long-term success is finding movement you genuinely enjoy. If you hate running, don't run! The best exercise is the one you'll actually do.

What's Your Movement Personality?

Find what energizes you and give it a try.

The Nature Lover:

You feel most alive outdoors.

Try: Hiking, kayaking, cycling, or a walk in the park.

The Social Butterfly:

You draw energy from being around others.

Try: Group fitness, team sports, or finding a walking buddy.

The Zen Seeker:

You use movement to calm your mind.

Try: Yoga, Tai Chi, swimming, or mindful walking.

The Homebody:

You value convenience and your own space.

Try: Online fitness videos, bodyweight exercises, or gardening.

The Variety Seeker:

You get bored easily and love new things.

Try: A new class each month, fitness apps, or cross-training.

Mix and Match!

You don't have to pick just one. Combine activities to create a routine that you look forward to and that doesn't feel like a chore.

Choosing Cardio: If you are choosing cardio to **MOVE BETTER**, shoot for 30 min a day or 150 min in a week.

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The Hydration Station

Fueling Your Wellbeing

To move your best, you need proper fuel and hydration. This station is about more than just water—it's about the complete system your body needs to recover, recharge, and keep going strong.

Hydration:

Your body runs on water, which improves energy, focus, and physical performance.

- **Goal:** Aim for 2-3 litres daily. Don't wait until you're thirsty—that's the first sign of dehydration.

Energy-Boosting Snacks:

Think of food as targeted fuel for energy before you move and for repair after you're done.

- **Pre-Movement (for energy):** A banana, a small handful of almonds, or whole-wheat toast.
- **Post-Movement (for repair):** Pair a carbohydrate with a protein. A few examples: apples & cheese, tuna & whole wheat crackers, cereal & milk

The Power of Sleep:

Sleep is your body's ultimate recovery tool, essential for repairing muscles and recharging your mind for the next day's race.

- **Goal:** Aim for 7-9 hours of quality sleep. A simple, calming bedtime routine can make a big difference. Learn more: [Sleep Better](#).

The Bottom Line:

Listen to your body. Pay attention to what gives you energy, eat when you're hungry, and rest when you're tired. This is the key to sustainable wellbeing.



The Uphill Climb

Building Your Strength

Strength training builds a resilient body ready for life's challenges. It boosts your metabolism, strengthens bones, makes daily tasks feel effortless, and improves your posture and confidence.

Your Starting Strength Routine (No Gym Required)

No weights needed. Focus on proper form over speed.

- **Frequency:** 2-3 times per week
- **Goal:** 2-3 full circuits
- **Reps:** 8-12 per exercise (or hold for time)
- **Rest:** 30-60 seconds between exercises

The Foundational Circuit

- **Bodyweight Squats** (*Focus: Legs & Glutes*)
Stand with feet shoulder-width apart. Lower your hips as if sitting in a chair, keeping your chest up. Press through your heels to return.
- **Wall or Desk Push-Ups** (*Focus: Chest, Shoulders & Arms*)
On a wall or sturdy desk, place hands wide and walk feet back into a straight line. Lower your chest toward the surface, then push back.
- **Plank** (*Focus: Core Stability*)
On your forearms with elbows under your shoulders, hold your body in a straight line from head to heels. Engage your core for 20-45 seconds.
- **Lunges** (*Focus: Balance & Leg Strength*)
Step one foot forward, lowering both knees to 90-degree angles. Push off the front foot to return to the start. Alternate legs.

Tips for Success

- **Form First:** Quality is more important than quantity.
- **Breathe:** Exhale during the hardest part of the movement.
- **Listen to Your Body:** Muscle soreness is normal; sharp pain is not.
- **Be Consistent:** Short, regular workouts are best.

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*Every rep builds strength that will
carry you far beyond the finish line.*



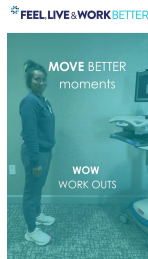
Halfway to Finish

MOVE BETTER moments

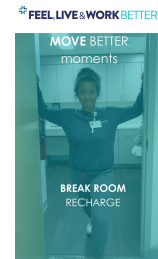
Don't let your workday bring your momentum to a halt. Incorporate mid-shift movement with these quick 'pit stops' to stretch, reset, and re-energize right at your workspace.

MOVE BETTER moments

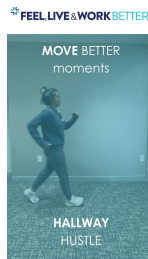
WOW Workouts



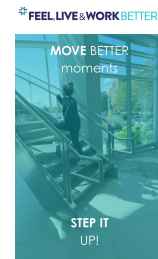
Break Room Recharge



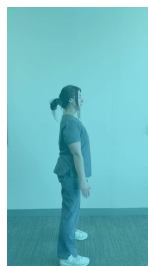
Hallway Hustle



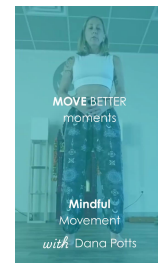
Step It Up!



Move Better Circuit



Mindful Movement



Consider adding these moments to your calendar by clicking this invite: [Mid Shift Movement Calendar](#)

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Spring to the Finish

Building Lasting Habits

You're in the home stretch!

This is where you turn your efforts into automatic habits that will carry you past the finish line and beyond.

Schedule It:

Block out time in your calendar for movement, just like you would for a meeting. Protect that time.

Find a Buddy:

Partner up with a colleague or friend. You're more likely to stick with it when someone else is counting on you.

Habit Stacking:

Link your new movement habit to an existing one. "After I brush my teeth in the morning, I will do 10 minutes of stretching."

Prepare Ahead:

Lay out your workout clothes the night before. Pack your gym bag and leave it by the door. Remove any friction that might stop you.

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The Victory Lap

Celebrating Your Progress

You did it!

But the race isn't truly over until you celebrate. Acknowledging your hard work reinforces your new habits and motivates you to sign up for the next race.

How to Celebrate:

Recognise Your Accountability Buddies:

Send a High Five to celebrate your shared accomplishments!

[High Five](#)

Track Your Wins:

Keep a journal. Note down not just the distance or time, but how you felt. "I had more energy today," or "I handled a stressful meeting better." Consider sharing it in your

Check-In: [StandOut](#)

Acknowledge Non-Scale Victories:

Did you take the stairs without getting winded? Do your clothes fit better? Did you sleep through the night? These are huge wins!

Reward Yourself (Wisely):

Treat yourself to something that supports your wellbeing journey—new running shoes, a massage, a new water bottle, or a weekend hike.

Consider using your High Five points in our Champions Circle on [High Five!](#)

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The Cool Down

Recovery & Reflection

Every race ends with a cool down. This crucial step helps your body recover, reduces soreness, and gives you a moment to reflect on your journey.

Essential Static Stretches:

Hold each stretch for 20-30 seconds. Do not bounce.

- **Quad Stretch:** Stand, holding onto something for balance, and pull your heel toward your glute.
- **Hamstring Stretch:** Sit on the floor with one leg out straight, the other bent. Gently lean forward over the straight leg.
- **Calf Stretch:** Face a wall and step one foot back, pressing the heel to the floor.
- **Triceps Stretch:** Reach one arm over your head, bend at the elbow, and gently pull the elbow with your other hand.

Final Reflection:

Ask yourself...

- What part of this race felt the best?
- What was the biggest challenge?
- What did I learn about myself?

CONGRATULATIONS on completing your
race to better wellbeing!

Remember, the finish line of one race is simply the starting line of the next. Keep moving, keep growing, and keep celebrating your commitment to your wellbeing.

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Always consult your physician before beginning a new exercise routine, especially if you have any health conditions. To stay safe, choose activities that match your current fitness level and increase your efforts gradually over time. Remember to "start low and go slow" to reduce your risk of injury.