

Weekly Message Text Samples

Stay connected weekly with participants through weekly messaging. Use email, hang posters in common areas such as the break room or use paper mailings. Communication should include program logistics, announcements and information related to health, physical activity and nutrition. Feel free to modify the sample messages below to make them fit your specific organization.

Introductory Message

Thank you for registering for the *Worksite on the Move* Program. By committing to this eight-week training program, you have taken the first step to increasing your physical activity level and improving your health. The program will begin on ____ at _____. Please meet at _____, ready to walk or run. Before coming to the program, please read the introductory packet you received upon registration, as it contains important information regarding the program.

Please bring your completed pre-program evaluation to the first training session. Do not put your name on this form; the group data will be collected by the Minneapolis Heart Institute Foundation. Get ready to move!

— *Worksite on the Move* Staff

Week 1 Message

Congratulations! You have completed the first session of *Worksite on the Move* and have officially taken charge of your health.

As you train on your own this week, remember to stretch. Stretching is most effective and safe after an activity session when your muscles are warm. When you stretch, you should stretch to a point where you feel an easy stretch and hold. As you hold it, try to relax. As you relax, the feeling of the stretch will become less intense; this is the time to stretch further until you get the feeling of a good stretch again. Breathe naturally when stretching. Never stretch to the point where you can't breathe or are in pain.

Stretch all major muscle groups used during walking and running at the end of each activity session. See the attached handout with descriptions and pictures of several stretches.

Stick to your training schedule this week and keep moving!

— *Worksite on the Move* Staff

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Week 2 Message

Congratulations! You have completed the second session of the *Worksite on the Move* program. Remember, putting time into your training *now* will pay off later!

As you are training your body to be physically active, be mindful of what you are eating. Think of food as fuel for your active body. Eating healthy food can help your body perform physical activities and prevent you from feeling tired during the day. See the attached “Eating for Performance” handout with tips about how to use food as your fuel.

In addition to providing you with energy, healthy eating and exercise are two great ways to keep your heart healthy!

Keep moving!

— *Worksite on the Move* Staff

Week 3 Message

Way to go! You have completed the third session of the *Worksite on the Move* Program. You may be feeling sore and tired, but keep up the good work — it will pay off later!

If you are feeling sore or tight continuously, it may be due to your walking or running form. Proper form can help prevent soreness, improve posture, and help you to be more efficient as you walk or run. So by improving your form, you may start to feel better and your activity sessions will require less energy!

See the attached handout with tips on proper walking and running form. The first step to improving your form is to become aware of what you’re doing now. Don’t try to change everything at once. The first step to improvement is knowing where you are now, so take small steps to make big changes.

Looking forward to seeing you next week, get out there and keep moving!

— *Worksite on the Move* Staff

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Week 4 Message

Congratulations! You have completed the fourth session of *Worksite on the Move*! You are halfway through the eight-week program. Take a moment to look back at where you were when you started the program and the progress you have made.

At this point in the program, it can be hard to stay motivated and stick with the training program. Try some of the following to make your activity sessions more fun. They may make it easier to stick to the program.

- Cross train: Instead of walking or running every day, try swimming, biking or aerobics.
- Include friends and family: Recruit someone to go for a walk or run with you or to participate in the training program with you so you can socialize while you exercise.
- Think of training as treating your body by reminding yourself of how exercise benefits you: reduces high blood pressure, reduces risk of stroke, reduces risk of heart attack, reduces depression, reduces stress, improves lung function, assists in weight management.
- Reward yourself for being active consistently and sticking to your training program.
- Walk or run in a place with beautiful surroundings.
- Keep your walking or running shoes and clothes in your car and train before you go home from work.
- Listen to music or books on tape while you walk or run.

While it may be hard to stay motivated, sticking with this training program will help you make exercise a habit — and habits, whether good or bad, are hard to break! Keep moving!

— *Worksite on the Move* Staff

Week 5 Message

Congratulations! You have completed the fifth session of *Worksite on the Move* program! In addition to preparing for the upcoming race, you are choosing to live a healthier lifestyle by being active regularly.

Healthy eating is another component of a healthy lifestyle. Healthy eating involves eating foods in the amount and frequency that provide your body with nutrients it needs, without excess.

Healthy eating contributes to prevention of chronic diseases and well being. It goes hand in hand with being physically active. See the attached handout with information and helpful tips on healthy eating.

Remember — one healthy choice leads to another, so keep moving and start eating better today!

— *Worksite on the Move* Staff

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Week 6 Message

Congratulations! You have completed the sixth session of *Worksite on the Move*!

Your commitment to being physically active is keeping your heart healthy. Here are some great online resources with information on heart health. Feel free to share this information with friends and family and help everyone you love and care about take care of their hearts!

Assess your Risk: www.americanheart.org/presenter.jhtml?identifier=3003499

Know your Numbers: www.americanheart.org/presenter.jhtml?identifier=3038638

Dietary Guidelines for Americans: www.health.gov/DietaryGuidelines/

Calculate how much fat you need in a day: www.myfatstranlator.com

Recommended amount of physical activity per day:
www.cdc.gov/physicalactivity/everyone/guidelines/adults.html

Tips to increase daily physical activity: www.americanheart.org/presenter.jhtml?identifier=2155

Benefits of physical activity: www.americanheart.org/presenter.jhtml?identifier=4563

Minnesota active living network on-line: www.preventionminnesota.com/active_living.cfm

Physical activity guidelines for all ages: www.health.gov/paguidelines/guidelines/summary.aspx

— *Worksite on the Move* Staff

Weekly Message Text Samples

Week 7 Message

Congratulations! You have completed the seventh session of *Worksite on the Move*! You are doing great!

A healthy lifestyle involves more than just exercising and eating healthy. Stress management is another important part of health. Stress is the body's response to change. It can be caused by negative and positive situations and is different for everyone.

Sometimes when we are stressed we turn to unhealthy coping mechanisms, such as alcohol, drugs, or unhealthy foods. These coping mechanisms do not help us manage stress and can sometimes make it worse. Managing stress in a healthy way can help free us from the vicious cycle of stress, improve our productivity, keep us healthy, and allow us to live a more fulfilling life.

The next time you are stressed, try one of these healthy coping mechanisms:

- Change the way you are interpreting a stressful situation
- Call a friend
- Go for a walk or run
- Get a massage
- Take ten slow deep breaths
- Take a short nap
- Mediate or pray for 10 minutes
- Watch your favorite TV show or movie
- Eat healthy consistently
- Journal
- Listen to music you enjoy
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Keep moving!

Important message: Please bring your completed post-program evaluation (found in your introductory packet) to session 8. Do not put your name on this form — group data will be collected by the Minneapolis Heart Institute Foundation.

— *Worksite on the Move* Staff

Weekly Message Text Samples

Week 8 Message

Congratulations! You have completed the final training session for the *Worksite on the Move* program. Our next session will be our race!

Please arrive ([PROVIDE SPECIFIC INSTRUCTIONS on time and location](#)) for the race, pick up your registration packet at the registration table and meet at ([PROVIDE SPECIFIC INSTRUCTIONS](#)). We will take a group picture before the race begins.

Be sure to eat something before the race. The same type of meal or snack you have been eating prior to your training sessions is recommended. Eat early enough that your food has time to digest.

We look forward to seeing you this weekend! Lets get ready to move!

— *Worksite on the Move* Staff