



**Welcome to Deskercize! The 4 week challenge that builds activity in your workday.**

What is deskercize? As you may have already guessed, deskercize includes activities you can do at your desk. However, deskercize has far more benefits than just burning a few extra calories. Increasing your daily activity and moving more sporadically throughout the day has an array of benefits.

You may be thinking – “well I might sit a lot, but I do get an hour workout in 4-5x times a week so I’m ok.” Unfortunately, that’s not exactly true. Sitting for long periods of time is linked to a variety of chronic diseases. Excessive sitting is linked to increased blood pressure, high blood sugar, weight gain, as well increased risk of death from cancer and cardiovascular disease.

One thing is clear – less sitting and more daily activity are good for your health. Deskercize will help you increase your movement throughout the day. It will include simple activities that can be done at your desk or in the office to break up your activity throughout the day. Moving more throughout the day can help increase your energy levels, boost concentration and help you fall asleep faster. The goal for this program will be to strive for improvement and move more each day.

**Everything You Need!** All challenges include customization, tracking card, promotional materials, education materials, plus a follow-up evaluation of your program. AdvantageHealth can also provide weekly administrative support.

