



# L.I.F.E.

Lifestyle Improvements for Employees

## Physical Activity Log: Earn 5 to 50 LIFE Points

July 1, 2016 through June 30, 2017

### Steps for Earning LIFE Points

1. Sign and return the “**Waiver for Participation**” (located on the Macon County website) to Melissa Leatherman at Macon County Public Health.
2. Select an enjoyable activity(s). Suggestions are listed on the following page.
3. Earn LIFE Points in one of two ways.
  - You can earn 1 LIFE Point for each week you exercise a minimum of 30 minutes a day on 4 different days during that week. The 30 minutes can be broken up throughout the day.
  - Or you can earn 0.5 LIFE Points for exercising a minimum of 30 minutes a day on 3 different days during that week.
4. Keep a record of your activity on the log.
5. Sign and date the log affirming you fulfilled the requirements.
6. When you have earned at least 5 LIFE Points, you can send the activity log to Melissa Leatherman at Macon County Public Health. You can turn in a log several times throughout the year. Each time you turn in your log, however, **you must have accumulated at least 5 LIFE Points in order to receive a LIFE Points voucher.**

7. The program runs from July 1, 2016 through June 30, 2017. Although July 1 is the official start date, you can start the program anytime until June 2017. You can also start and stop as many times as you like.
8. **LIFE Points earned from July 1, 2016 through June 30, 2017 will expire on June 30, 2017.** This includes the LIFE Points earned for this Physical Activity Log so please remember to turn in your final log as soon as possible after June 24, 2017.
9. When you need more logs, you can find them on the Macon County website. From the main front page, click on County Agencies, then Human Resources, then Forms / Downloads. The user is forms and the password is access. Or you can contact Melissa Leatherman to have more logs sent to you.
10. Questions? Please contact Melissa Leatherman at [mleatherman@maconnc.org](mailto:mleatherman@maconnc.org) or 349-2459.

Experts agree that for better health, physical activity should be done regularly. The *Dietary Guidelines for Americans 2005* from the U.S. Department of Health and Human Services state the physical activity promotes health, psychological well-being, and a healthy body weight. At least 30 minutes of moderate-intensity physical activity (such as brisk walking) on most days of the week is recommended. This amount of physical activity can reduce the risk of chronic diseases. Most people can obtain greater health benefits by doing more physical activity of greater intensity and for longer periods of time. About 60 minutes per day may be needed to prevent weight gain. People are encouraged to achieve physical fitness by doing aerobic activity, stretching exercises for flexibility, and resistance exercises or calisthenics for muscle strength and endurance.

**The following activities are only suggestions. You may use any physical activity or combination of activities to accumulate your 30 minutes per day.**

#### Aerobic Dance

- Backpacking
- Badminton
- Baseball
- Basketball
- Bicycling
- Bowling
- Calisthenics
- Canoe/Kayak
- Dancing
- Disc Sports
- Football
- Golf *(No Golf Carts May Be Used)*
- Group Exercise
- Gymnastics
- Handball
- Horseshoe Pitching
- Ice Hockey
- Ice Skating
- Jogging
- Kick Boxing
- Lawn Mowing *(Walk Behind Only)*
- Mall Walking at Brisk Pace *(Not casual shopping)*
- Martial Arts

- Racquetball
- Rope Skipping
- Running
- Scuba-Skin Diving
- Nautilus
- Snow skiing
- Snow shoveling
- Soccer
- Softball
- Stair Climbing
- Swimming
- T'ai Chi
- Table Tennis
- Tennis
- Volleyball
- Walking/Hiking
- Volleyball
- Water Aerobics
- Water Skiing
- Weight Training
- Wheelchair Physical Activities
- Woodcutting
- Wrestling
- Yard Work
- Yoga



