

JUNE 2018

TRADE UP TO BETTER HEALTH



LM^P LABOR MANAGEMENT PARTNERSHIP

Help your team combat prediabetes and more

If you or someone you know has prediabetes, today's healthy changes can still make a difference. With or without the risk of prediabetes – a leading indicator of developing diabetes – the same healthy choices can also help fight heart disease, stroke and other complications.





IT'S A FACT

(you can share with your team):

Increasing your physical activity to 150 minutes per week, along with losing weight and eating healthier, can cut your risk of diabetes by half!



THIS MONTH'S ACTIVITY: Use this chart for ideas on the behaviors you and your team can focus on. Try it for a week, try it for a day. Just jump in. Then join the UBT health and safety champions tele-town hall on Wednesday, June 27, to let us know how you did.

TRADE THIS	→	FOR THIS
Sitting during a meeting	→	Participating in a walking meeting or stretch breaks
Taking the elevator	→	Taking the stairs
Drinking sugary beverages such as soda, fruit juice or sports drinks	→	Drinking fruit-infused "spa" water, unsweetened coffee/tea
Ordering doughnuts for a breakfast meeting	→	Ordering yogurt with fruit for a breakfast meeting
Grabbing a candy bar from the candy bowl for that afternoon pick-me-up	→	Grabbing veggies and hummus or fruit from your lunch bag or the office refrigerator
Celebrating your UBT level with a pizza lunch	→	Celebrating with a B.Y.O.S. party: Each team member brings a healthy ingredient for the delicious Build Your Own Salad bar
Add your own: The current behavior we want to change 	→	Add your own: The new behavior we want to take on 

MAKE IT A TEAM PROJECT: Map out a SMART Goal

(UBT) will participate in _____ (activity) to reach _____ minutes of exercise per person a week for 60 days, from a baseline of _____ minutes.



Threshold: 75 minutes



Target: 150 minutes



Stretch: 175 minutes