



## WEEK 1

### Sneak More Steps.

SEGIP and Omada® are excited to welcome you to week 1 of the Resolution Revolution, where we challenge you to make healthy changes that actually stick. Let's get a move on it, shall we?

**This week, challenge yourself to sneak more steps.**

Everyone can benefit from regular exercise—but if you're at risk for type 2 diabetes or heart disease, it's especially important to move more. Luckily, doing more can be a cinch. Getting active during your daily routine is the best way to make exercise consistent and sustainable. We have 5 ideas to get started.

#### 1. During your commute

If you take public transportation, get off the train or bus one stop earlier and walk from there. Driving? Park down the road from your destination and walk the rest of the way.

#### 2. On your lunch break

Get in the habit of taking a walk around the neighborhood (or building, or parking lot) when you're finished eating your lunch. Recruit someone to join you to help make the habit stick.

#### 3. At elevators & escalators

If you often take the elevator in a safe, familiar building, consider taking the stairs all the way or for just a few floors. Walk up escalators to add steps and reach the next level even faster.

#### 4. During stretch breaks

Sitting not only saps your energy, research shows that the more you sit, the higher your risk for chronic diseases like type 2 diabetes, cancer, and heart disease. Set an alarm and get up every 20 minutes.

#### 5. Making phone calls

When you're on a cell phone call, stand up and pace around the room instead of sitting down. If your job requires you to be on the phone often, request a wireless headset to free you from your chair.

**Make health a habit with Omada.**

If you'd like help turning little changes like these into lifelong habits, check out the Omada program. Omada is available to employees and their adult family members who are at risk for type 2 diabetes, and enrolled in a SEGIP medical plan (at no cost to you). Get started at [omadahealth.com/segip](https://omadahealth.com/segip)