



Be an Olympian and Move More in August!

Move More at Home with Family Olympics!



Looking for a fun way to move more with your family? **Let's Move**, an initiative launched by our First Lady to put kids on the path to a healthy future, put together a list of ideas to **host your own Olympic games**. Check out the ideas below and let the games begin!

- **Slide Shotput:** Place a bucket at the bottom of a slide. Competitors must each "put" five tennis balls down the slide. The one who gets the most in the bucket, gets the gold medal!
- **Monkey Relay:** Divide into teams and hold relay races across the monkey bars. To discourage recklessness, competitors must balance something on their heads - maybe a stuffed monkey? If the monkey falls off, the contestant must start over.
- **Synchronized Swinging:** Teams swing together for 30 seconds each. A panel of judges determines which team is most synchronized.
- **Playground Ping-Pong:** Teams of two volley a ping-pong ball across various pieces of playground equipment. The team who can keep the ball going the longest wins.

What other events can you come up with?

Move More at Work with Office Olympics!

Looking to move more during the work day? Try hosting your own office Olympics! Check out these activity ideas from the **American Heart Association**:

- **400m Sprint:** Run one lap around the office
- **Basketball:** Wad up paper and grab a recycle bin to shoot some hoops
- **Gymnastics:** Find a line on the floor and make up your own balance beam routine
- **Long Jump:** Practice your long jump in a hallway or conference room
- **Shot Put:** Use a rubber band ball and proper shotput form to shoot the ball as far as you can



What other Olympic events can you come up with at work?

Move More and Be Creative!

There are still a few weeks of gorgeous weather ahead. Trails around the Quad Cities are great locations for your own family Olympic competitions! Find the trails closest to your neighborhood using **QCTrails.org**!



Want to be recognized for the work your organization or business is doing? Take our Worksite Wellness Healthy Workplace Assessment here!

Be Healthy QC recently unveiled a new healthy workplace recognition program. Businesses that meet at least 10 of the 20 items on the assessment found at the link below will receive a letter and certificate of recognition for their worksite wellness efforts, as well as a window cling to display at the entrance of their business. If you would like your business to be recognized for your progress in creating a healthy workplace, please download and complete the assessment linked below and return it to: quadcityhealthinitiative@gmail.com.

[Take Our Assessment Here](#)

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Quad City Health Initiative
563-421-2826
evansrachel@genesishealth.com
<http://www.qchealthinitiative.org>

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