



## Benefits of SparkPittsburgh

**Not only does it help increase your physical activity levels, it also helps with:**

**Mental Health** - helps to keep your thinking, learning, and judgement skills sharp; can also help to improve your resiliency and determination

**Mood** - can improve your mood leading to feeling happier, less depressed, and more relaxed; can boost your confidence and self-esteem

**Energy levels** - improves your energy levels and can give you an extra boost

**Helps to prevent and control risk factors for disease:**

**Heart Disease** - activity can lower blood pressure, increase your good cholesterol numbers, and lower your bad cholesterol numbers

**Osteoporosis** - increases bone density

**Diabetes and Metabolic Syndrome** - reduces risk of developing these conditions and can help to control blood glucose levels

**Weight** - can help prevent weight gain or maintain weight loss

**Improves overall quality of life**

**For more helpful tips visit:  
[www.SparkPittsburgh.com](http://www.SparkPittsburgh.com)**

# Tips to Stay Motivated



Set a daily goal for steps

Join a coworker or group of coworkers and hold each other accountable for activity

Create a regular schedule for being active (every day at lunch for 20 minutes, etc.)

Find various ways to be active - add variation to your routine to keep yourself interested

Use your pets!

Remember to reward yourself when you achieve small goals!

Add motivational quotes to regular places (mirror in bathroom, refrigerator, car, desk at work, etc.)

Create a friendly competition among coworkers/ companies



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## **SPARK**PITTSBURGH **STEP**CHALLENGE