IDOH 500 Chair/Desk Movement for Mileage Conversion



Thank you for your interest in participating in the IDOH 500 Movement Challenge. We recognize that certain types of movement can be challenging and painful for individuals. The Health and Wellness Council does not want that to discourage individuals from participating in the challenge. Please see the links below to participate in gentle movement at your desk and in a chair.

**30 minutes of chair/desk movement = 1 mile**

1. Visit our IDOH Health and Wellness Council yoga page to [view and participate in chair or regular yoga.](https://www.in.gov/health/thenervecenter/health-and-wellness/yoga-videos/) Our instructor, Erika, provides chair modifications for all movement. Yoga is filmed and uploaded to this website.
2. View this [desk exercise sheet](https://www.canva.com/design/DAFbyjc2zpw/KwaYUvR-i4NZJ0Fl1_HPyg/edit?utm_content=DAFbyjc2zpw&utm_campaign=designshare&utm_medium=link2&utm_source=sharebutton) made by the Health and Wellness Council. You can move through these exercises for 30 minutes to receive 1 mile of movement credit or 15 minutes for a half mile of movement credit.

Log this activity in your log sheet and submit the number of miles you completed during the week by May 24 at 5 p.m. to [HealthandWellnessCouncil@health.in.gov](mailto:HealthandWellnessCouncil@health.in.gov).