

# **AMERICA ON THE MOVE (AOM) – for Stony Brook faculty/staff**

[www.americaonthemove.org](http://www.americaonthemove.org)

## **FAQS – Frequently Asked Questions**

### **What is it?**

It is a program that incorporates Steps to a Healthier Way of Life. The AOM program motivates people to make and maintain positive behavioral change. It creates an environment that promotes more movement and healthful eating. All forms of exercise including simply walking are part of the program. Your activity will be converted to steps by referring to the conversion table at AOM's Web site.

*Inspiring Americans to Achieve Healthier Lifestyles (AOM Web site)*

### ***The Initiative***

*America On the Move is a national initiative dedicated to helping individuals and communities across our nation make positive changes to improve health and quality of life. By focusing on individuals and communities AOM strives to support healthy eating and active living habits in our society. AOM:*

- *Inspires Americans to engage in fun, simple ways to become more active and eat more healthfully to achieve and maintain a healthy weight*
- *Creates and supports an integrated grassroots network of state Affiliates to build communities that support individual behavior changes*
- *Encourages public and private partnerships at the national, state, and local level to build the capacity, reach, and support needed for individual and community behavior change.*

### **What is the philosophy of the program?**

*Our Philosophy and Applied Approach (AOM Web site)*

*America On the Move® and our partners will:*

- *Address the problem of unhealthy lifestyles in America in a positive and proactive way*
- *Respect the dignity of all individuals by inspiring healthy choices rather than emphasizing weight and appearance*
- *Include the imagination, talents, and commitment of multiple stakeholders — public and private sectors will come together to address the health crisis facing our nation*
- *Empower individuals and communities to make informed choices regarding healthful eating and active living through effective communication guided by sound, evidence-based information*
- *Foster an understanding of the connection between daily physical activity/eating behavior choices and their impact on health*
- *Increase the likelihood that individuals will adopt healthy behaviors by encouraging them to start from where they are and incorporate small changes into their busy daily routines, building confidence for continued change efforts*
- *Assure easy access for all to America On the Move© resources and systems.*

## **Why do it?**

### ***The Challenge (AOM Web site)***

*The eating and physical activity patterns of most Americans have made us the most overweight nation in the world. More than 60% of American adults do not get the recommended 30 minutes of physical activity a day; 25% of American adults are not physically active at all. More than 120 million Americans — 64.5% of the adult population — are overweight; nearly 59 million, or 31%, are obese. The average American adult is gaining 1-2 pounds each year, and some people gain even more.*

### ***Top Ten Reasons to Join Us***

- 1. You'll feel better and have more energy.***
- 2. It prevents weight gain.***
- 3. You'll improve your health.***
- 4. You'll become a healthy role model for your family and friends.***
- 5. You don't need special equipment.***
- 6. You can eat the foods you enjoy.***
- 7. You'll feel good about yourself.***
- 8. It fits into your busy schedule.***
- 9. You can choose your own activities.***
- 10. You'll want to share your success with others.***

## **Who is sponsoring this program?**

The program is sponsored by the NYS EAP (Employee Assistance Program) & NYS FBP (Family Benefits Program) Wellness Initiative Fund. The Stony Brook University EAP applied for the AOM grant. Locally Stony Brook EAP partnered with Stony Brook Campus Recreation. Together they co-sponsored the program at Stony Brook in the fall 2006 with a one time grant from NYS EAP. As a result of very positive survey results about the AOM program at Stony Brook, the EAP is committed to continuing the program for employees on a more limited scale.

## **Who is eligible?**

All employees can participate by signing up either on the-line via the AOM Web site or by telephone. Employees provide some basic demographic and contact information, identify goals and then enter the Stony Brook University Group code. Employees must purchase their own pedometers which can be found at sports stores and many department stores. Many basic pedometers are reasonably priced.

## **Can family members or friends participate?**

Yes, the AOM program and Web site is free and open to anyone providing they purchase their own pedometers. And, you must register as an individual, not as a member of a group.

## **What if I am NOT able bodied and am physically challenged or in a wheelchair, can I participate?**

Yes, if you are able to log your movement or activities, if not by steps, then by minutes (see the conversion table on the AOM Web site). If the wheelchair is not motorized, there is an arm pedometer you can purchase. You select a virtual trail on the AOM Web site that visually tracks your progress.

### **How does the AOM Program work?**

It motivates employees to participate by having kick off events on campus and celebrations, by being able to participate whether one is at work, home or on vacation and by having a buddy called “Move Mates” in which you can track and compare each other’s progress. A little healthy competition is a good motivator. The virtual trail on the AOM Web site will visually track your progress.

### ***Community Change (AOM Web site)***

*To be successful at creating sustainable individual behavior change, AOM must focus on the larger environment and create communities that support healthy eating and active living. By reaching individuals where they live, work, learn, and play, communities can make a difference. AOM encourages stakeholders from both the public and private sectors to be part of the solution!*

### **When do I start?**

You can start anytime. However, the EAP periodically offers a 6 week program and recommends a start date to encourage employees to join together and support each other. Kick Off Walks and other events or workshops are often a part of the program. Registration is for a 6 week interval.

### **What is the benefit from participation?**

- For those who are already active - to maintain a healthy lifestyle.
- For those who are not active - to support a lifestyle change and steps to a healthier way of life.
- ***Individual Change (AOM Web site)***
  - *It’s all about energy balance! We can stop weight gain by creating a balance between the amount of energy burned and the amount of food consumed throughout a normal day. The message is simple: move more and eat less. Making these 2 small changes daily is all it takes. By walking an extra 2000 steps (the equivalent of about 1 mile) and eating only 100 fewer calories each day, individuals can prevent weight gain and begin to see big results.*

### **How long is the program?**

It is a 6 week program from the date of your registration. At the conclusion of your 6 weeks, you will complete an evaluation form and earn a certificate. You can then continue the program indefinitely and on your own at 6 week intervals without any cost to you.

### **Does it cost anything?**

No, it is a free program to all employees. Stony Brook University EAP provides campus walking maps and a walking guide that can be found on our Web site under the link to AOM. They were produced by the Stony Brook University Department of Campus Recreation. The EAP generally compliments the program with workshops during the academic year on mental health and wellness. We also inform employees about walks at Stony Brook and in the local community.

### **FOR MORE DETAILS ABOUT THE PROGRAM & HOW TO REGISTER, CONTACT:**

The EAP Office at 632-6085 or E-mail us at [AmericaOntheMove@notes.cc.sunysb.edu](mailto:AmericaOntheMove@notes.cc.sunysb.edu)