

Workercise

Exercise & maintain good health at the office!

It's hard to find time to exercise during the day, especially for those who have sedentary jobs in an office. Exercising at work may seem impossible, it takes creativity. There are different ways you can exercise at work if you take the time and *make it a priority*. All it takes is a little planning and some inspiration to squeeze in a little movement all day long. As most of us know, regular exercise can reduce stress and make us feel better mentally and physically. It can even make us better workers, especially on those stressful days!

Workercising Tips

1. Take a short walk every half hour or hour.
2. Use your lunch break to stretch and do some neck and shoulder rolls.
3. Organize your co-workers for a lunch or mid-afternoon walk (or perform the exercises below together as a group)
4. Eliminate neck and back tension by sitting up straight and placing your computer at eye level (pictures below)
5. If you do not have a lot of time to take a break, perform the 10-second breathing exercise:
 - Sit-up tall in your chair, close your eyes take a deep breath in through your nose and exhale through your mouth. That's it! Repeat as needed.

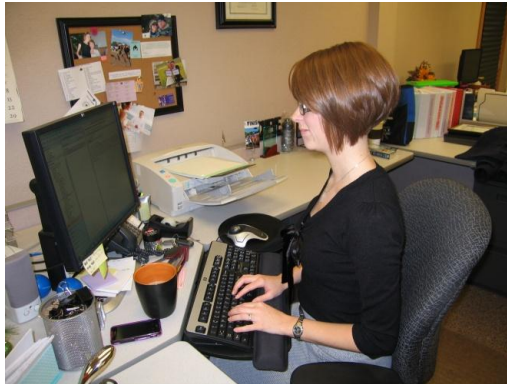
The following exercises will help you increase your energy and decrease stress when you're at work. Each exercise is not intended to replace your current exercise regimen. They are simply to encourage more movement when at work to help reduce stress and increase energy levels.

- Recommended amount of cardiovascular exercise is 3-5 days per week 20-60 minutes each time (rowing, walking biking, swimming, running).
- Recommended amount of resistance training exercise is 3-5 days each week 8-15 repetitions, 1-3 sets (bicep curls, shoulder press, leg extension, leg curl, etc).
- Don't forget to stretch (stretch everyday as many times as you want to)
- *Remember any exercise is better than nothing.*

Correct and incorrect posture when sitting at your desk:



Incorrect Postures



Correct Posture

For the following seated exercises, sit in the middle of your chair; rotate your pelvis forward and lean back to engage your tummy muscles. *Try to perform each exercise for 8-15 repetitions, 1-3 sets.*

Seated exercises:

1. Abs (Isometric hold or perform (8-15 reps, 1-3 sets))



(Lean back without letting your back rest on the chair, drop your body down and up, keep your shoulders relaxed and you pelvis 'scooped' forward).

2. Knee or leg lifts (8-15 reps, 1-3 sets)



Lift one knee or leg up and down (try not to touch the floor with your foot)

****Remember: don't forget about your pelvis position, tight tummy and posture!****

3. Tap your toes up and down (try to perform as many as you can)



First place your fist in-between your knees to determine how far apart your knees should be. Then remove your fist and try to keep your knees 'fist' width apart.

Tap your toes up and down:



Tap out and in (without moving knees):



4. Chest press (8-15 reps, 1-3 sets)



****Remember: don't forget about your pelvis position, tight tummy and posture!****

5. Military Press (8-15 reps, 1-3 sets)



****Remember: don't forget about your pelvis position, tight tummy and posture!****

6. Rotator Cuff exercise (8-15 reps, 1-3 sets)



Try to keep your elbows stabilized, they only body part moving is your forearm.

****Remember: don't forget about your pelvis position, tight tummy and posture!****

7. March in place (perform for as long as you need to refresh, relax and regroup)



****Remember: don't forget about your pelvis position, tight tummy and posture!****

Also, don't forget to BREATHE!

Standing exercises:

8. Squats with chair (or perform wall squats or wall-sits; 8-15 reps, 1-3 sets)



Sit back, keep abs in, push through the heels of your feet and knees behind your toes.

If performing wall squats/sits push through heels of feet and push lower back against wall keeping tall posture.

9. Straight Leg lifts: (8-15 reps, 1-3 sets; front and back, side not shown)



Tummy tight, bend supporting knee slightly, try not to lean back when you are performing front lifts.

****Remember: don't forget about your pelvis position, tight tummy and posture!****

10. Heel raise (8-15 reps, 1-3 sets)



Try not to lean back

****Remember: don't forget about your pelvis position, tight tummy and posture!****

11. Heel curl (8-15 reps, 1-3 sets)



Keep knee in alignment with other knees and raise lower leg up and down without resting the foot on the floor.

****Remember: don't forget about your pelvis position, tight tummy and posture!****

12. Wall Push-ups or desk push-ups (8-15 reps, 1-3 sets)



****Remember: don't forget about your pelvis position, tight tummy and posture!****

What are the benefits of exercise at work?

1. Reduced stress levels
2. Increased energy
3. One healthy choice generally leads to other healthy choices (better eating habits, memory of proper posture)
4. Improves your mood
5. Helps you manage your weight
6. Helps you sleep better
7. Helps prevent or control disease:
 - a. Improves cholesterol levels (HDL increases, LDL decreases, Decreased Triglycerides)
 - b. Improves Blood Pressure
 - c. Reduced risk of stroke
 - d. Diabetes
 - e. Back Pain (muscle strengthening and stretching)
 - f. Osteoporosis
8. Helps keep bones strong
9. Jump-starts the immune system (preventing colds)
10. Boosts blood flow to the brain (The better shape you're in, the faster your brain waves are for quick thinking).
11. Increases circulation and delivery of nutrients to your skin. Exercise boosts oxygen flow to the skin helping increase the natural production of collagen, the connective tissue that plumps your skin.
12. Improved self-esteem
13. The list goes on and on!

On-line helpful resources for physical activity and healthy living:

<http://www.webmd.com/default.htm>

<http://www.cdc.gov/>

<http://www.healthypeople.gov/Default.htm>