

STAYING ACTIVE IN THE WORKPLACE

Staying Active

If you have a job that keeps you seated for most of the day, you may need to be creative about finding ways to get moving. Here are some simple chair exercises that can be done at your work station or at home. Note: if your chair rolls, lock your wheels for safety.



Push up

Put one hand on each arm of your chair. Push yourself up off the chair. Lower yourself back down slowly, but don't let your bottom touch the seat. Repeat 15 times.



Leg raise

Lift one leg off the seat and stretch it out straight. Hold for two seconds. Then lower your foot but don't let it touch the floor. Hold for several seconds then switch. Repeat with each leg 15 times.



Bicep curls

Keep small weights at your desk to do bicep curls. Remember to keep your elbow by your side and your palms facing in. No weights? Improvise with a bottle of water.



Arm stretch

Stretch your arms over your head toward the ceiling. Then stretch your right hand just a little higher than the left. Switch and stretch your left hand higher.



Torso stretch

Turn your head to the left and twist your upper body to the right. Hold that pose for a few seconds. Then switch directions and twist everything the other way.



Stomach squeeze

Tighten your stomach muscles and hold that pose for several seconds. Relax, and then do it again. Try to do 15 of these.

Together, all the way.®



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THE IMPORTANCE OF PHYSICAL ACTIVITY

Staying Active

We are all happier, more productive individuals when we stay engaged in activities we find fun and enjoyable. The following activities are examples of how to become and stay physically active.

- Check out the nature hikes and parks in your town
- Walk the dog
- Wash your car instead of going to a car wash
- Go fishing
- Go swimming (or water aerobics)
- Clean your house at a brisk pace
- Work in your garden or rake the leaves
- Cut the grass with a push lawn mower
- Play miniature golf
- Take nature walks
- Walk or bike to do errands that are not too far away
- Fly a kite
- Go skiing or snowboarding
- Take the stairs rather than the elevator
- Join a fitness class such as yoga or Pilates, etc.
- Go for a jog
- Coach a youth's sport team and play along
- Exercise on your lunch hour with a coworker
- Go climbing on a climbing wall
- Replace coffee or smoke breaks with walking breaks
- Exercise over your lunch break
- Go golfing and walk the course rather than renting a cart
- Join an intramural sports team (softball, volleyball, etc.)
- Go rollerblading
- Go for a bike ride
- Join a gym
- Park on the far side of the parking lot
- Play a game of tag with your kids
- Keep a resistance band at your desk
- Go dancing
- Play tennis with a friend
- Plan family outings around physical activities such as canoeing, skiing, etc.

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YOUR ACTIVITY LOG

Staying Active

Use this activity log to track the amount of physical activity you do each day. Make copies of it so you can reuse it as often as necessary. And remember: activity doesn't have to be strenuous or vigorous – even household chores can count as being physically active!

Day 1

What did you do?	For how many minutes?	Total amount of physical activity today

Day 2

What did you do?	For how many minutes?	Total amount of physical activity today

Day 3

What did you do?	For how many minutes?	Total amount of physical activity today

Day 4

What did you do?	For how many minutes?	Total amount of physical activity today

Day 5

What did you do?	For how many minutes?	Total amount of physical activity today

Day 6

What did you do?	For how many minutes?	Total amount of physical activity today

Day 7

What did you do?	For how many minutes?	Total amount of physical activity today



BUILD IN REWARDS

Staying Active

Time and again, research has found that rewarding yourself for successive steps toward your behavior-change goals can help to assure your success. Steer away from food as a reward. Instead of cheesecake, how about treating yourself to a movie, a new music CD, a fishing trip, a babysitter for some time out with a friend or a trip to the spa? Try the following exercise to get yourself started.

List nine ways you can reward yourself. Try to match the reward to the goal achieved: small rewards for small steps, medium rewards for larger steps, and large rewards for reaching major milestones.

Small rewards

1. _____
2. _____
3. _____

Medium rewards

1. _____
2. _____
3. _____

Large rewards

1. _____
2. _____
3. _____

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