

Fitting Fitness Into Your Busy Day



Objectives

- Benefits of exercise
- Can it help me at work?
- Easy chair exercises
- Work out at lunch
- Schedule mini workout breaks
- What gets in the way?
- Multi-task
- Next steps



Benefits of exercise

- Strengthens the heart
- Strengthens the lungs
- Reduces blood sugar levels
- Controls weight
- Strengthens bones
- Regulates blood pressure
- And more.....



Can it help me at work?

- Improved concentration
- Sharper memory
- Faster learning
- Enhanced creativity
- Lower stress levels
- Better attitude
- Boosts energy



Set your alarm earlier

If you start your day earlier, you're more likely to get in a workout.

- Don't hit the snooze button.
- Get a morning run in, or hit the gym.

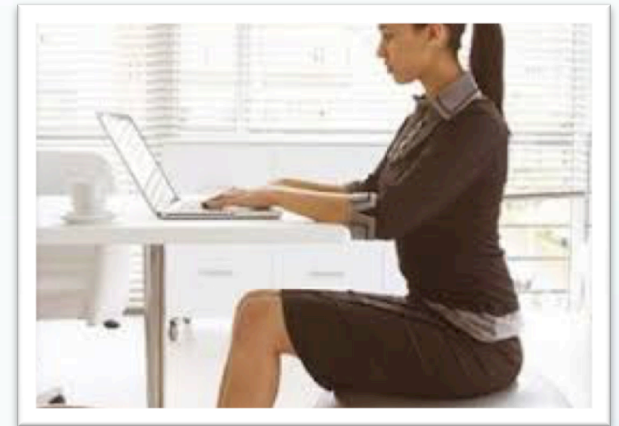


Chair exercises at work



Easy chair exercises

- Raise your legs up on the tips of your toes while seated. Hold for 10 seconds and do 8 reps.
- Reach across your body with your right arm while supporting it in the bend of your left elbow. Do 8 reps before switching to your left arm.
- Rotate your ankles in both directions. Do 5 sets of 8 reps in each direction.



Easy chair exercises

- Remain seated and rotate at the waist. Hold for 5 seconds, then repeat on the right. Complete 5 sets.
- Clench your buttocks and hold for 5 seconds. Do 5 sets.
- Do leg lifts, starting first with the right leg, then the left. Lift each leg until it touches the underside of your desk. Do 10 sets of 8 reps.



Work out at lunch

- Bring some workout clothes.
- Head to the gym.
- Pack your lunch.
- Take a fifteen minute walk.
- 20-30 minutes is enough to get the benefits.



Schedule mini workout breaks



Mini workout

- Do a minute of jumping jacks.
- Run in place for 60 seconds.
- Simulate jumping rope.
- Do walk lunges for 1 minute.
- Pump both arms overhead for 30 seconds. Repeat 3-5 times.
- Step into a vacant room and shadow box for 2 minutes or jog around the room.
- Take the stairs...2 at a time, if you want a harder workout.



Find a workout buddy

- According to a 2012 study of Behavioral Medicine, people exercise longer when a workout buddy is present.
- Having a workout buddy can help push you to the next level.
- Find someone you like and feel comfortable with.
- Be reliable.



What gets in the way?

- Convenience
- Expense
- Safety
- Weather conditions
- Don't want to go back to work sweaty
- Finding time

TIME'S™
==UP

Multi-task

- Walk and talk
- Speed walk your errands
- Take the long way
- Stretch



Next steps

- What can you do to fit fitness into your day?



Questions



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Thank you!