Exercises That WORK
Quick-Start Guide
Employees today have predominantly sedentary lifestyles at work. In fact, physically active jobs make up less than 20% of the workforce. As adult and childhood obesity levels continue to increase, it is important to take mindful steps towards a healthier lifestyle that involves adequate nutrition and a focus on fitness. Together, a healthy diet and staying active can have major benefits to your health. Read on to see how you can get motivated!

1. Take the First Step - Literally!
Walking is the easiest way to get active, especially at work! Many employment settings will host walking group sessions during lunchtime or a break as a means to get outside and have social time with coworkers.

How Can I Benefit From Taking Daily Walks?

- Walking is simple, free, safe, and low risk for injury.
- You can walk anywhere, anytime.
- Improve good cholesterol, lower blood pressure, and increase energy.
- Increase bone strength. Weight-bearing exercises, including walking, help build and support your bone structure.

How Can I Get Started?

- Make it a goal to walk a total of 30 minutes a day
- Break it up into segments if you are pressured for time.
- Find ways to integrate walking into your daily routine. Walk to get your morning coffee.
- Wear appropriate footwear for comfort.
- Maintain a good posture -- shoulders relaxed, tummy tucked, and head held high!
- Use your lunch break at work to take a walk before eating.

Quick Nutrition Tips at Work:
- Pack a lunch from home
- Avoid the soda machine; drink seltzer
- Snack on fruit instead of candy
- Swap coffee for green tea
- Don’t skip meals!

Did you know?
Neal Sofian, Director of Member Engagement at Premera Blue Cross in Seattle, WA, hosts walking meetings where he and his employees conduct meetings while walking outside. “The best thing you can do for health is move,” says Sofian.
How Can I Incorporate Walking Into My Routine At Work?

- Park far away from your office to increase walking distance.
- Use lunch breaks to walk before eating.
- Host walking meeting where you can discuss with co-workers over a walk outside.
- Take the stairs.
- Walk to a co-worker’s desk instead of emailing them.

2. Easy Tips to Stay Active at Work

Even small, simple changes throughout your workday can have a big impact on your health over time. Don’t think walking up that flight of stairs does much? Think again! Incorporate the following activities into your daily workday to increase movement throughout the day.

<table>
<thead>
<tr>
<th>Stay Fit at Work!</th>
<th>Check it Off!</th>
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<tbody>
<tr>
<td>Take the stairs instead of the elevator.</td>
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<tr>
<td>Walk around your building during a break.</td>
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<tr>
<td>Store light dumbbells underneath your desk to lift while you sit.</td>
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<tr>
<td>Get out of your seat twice every hour to stand, stretch, or walk.</td>
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<tr>
<td>Purchase a stability ball to sit on to improve posture and core strength.</td>
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<tr>
<td>Try a standing or walking meeting instead of sitting.</td>
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<td>Form an after-work sports team -- try kickball, softball, or bowling!</td>
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<tr>
<td>Do leg raises underneath your desk -- 3 reps of 10 to start!</td>
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3. Exercises To Do At Work Now

At work it can be hard to find the time to exercise. Additionally, you may not have the space, equipment, or comfort level to do a full-blown workout in your work environment. Fortunately, there are a variety of simple exercises you can complete at work without breaking a sweat, while keeping your body fit and moving throughout the day!

**Stretches**

- Stretching increases muscle and tendon range of motion, which can help reduce risk of injury before exercise.
- Hold a stretch for **10-30 seconds** while breathing normally to relax. Repeat.
- Always keep your joints slightly bent when stretching, instead of locking your limbs.
- Try yoga, pilates, or various sports stretches to improve flexibility.

**Try these stretches!**

**Hamstring**

Place leg on your chair, keep back straight, lean forward until you feel a stretch.

**Quadricep**

Find a nearby wall, tuck pelvis in, bend knee gently towards glutes.

**Calf**

Place foot against a stair, wall, or raised surface. Lean forward.

**Tricep**

Relieve tension in your back by pulling your elbow across your body with your other arm.

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Did you know?

The American Medical Association (AMA) recommends that employers encourage employees to get out of their seats more often, since sitting for extended periods of time can be bad for personal health.
Strengthening Exercises

• Increase muscle mass and metabolic rate to burn more calories.

• Protect your body from injury by increasing strength in bones and connective tissue.

• Simple weight-bearing exercises such as bicep curls, dips, chest press, and push-ups improve muscle strength. No need to be a bodybuilder!

• Aim to incorporate a strength training routine twice a week. Consult a professional trainer for a customized program.

Try these strength exercises!

Fitness Ball
Replace your chair with a fitness ball to keep your core tight and engaged.

Sitting Leg Raises
Sit tall, extend one leg. Do 3 sets of 20 reps. Add ankle weights to increase strength.

Arm Raises
Great to do at your desk! Sit up straight and raise arms while holding weights.

Sitting Bicep Curls
Bring dumbbells to work to do sitting lifting exercises. Do 3 sets of 10 reps or until fatigue.

Tricep Dips
Find a chair, low desk, or table. Dip until your arms form a 90 degree angle. Keep legs extended.

Did you know?
Employers with on-site wellness programs are proven to help their workforce: 1) Healthcare costs decrease up to 55%; 2) Sick leave drops by 6 to 32%; 3) Reduces absenteeism; 4) Improves employee’s productivity; 5) Helps reduce employee’s health risks.³
**Balance and Stability**

- Improved balance increases spatial awareness to prevent falls and help you stay focused during everyday activities and rigorous exercises.

- Try balancing on one foot for 10 seconds. Increase difficulty by balancing on a Bosu ball, or holding a dumbbell weight.

- Activities such as Yoga, Karate, Tai Chi, and Bosu Ball classes can help improve balance and stability.

**Try these balance exercises!**

**Standing Reaches**

Balance on one leg. Reach down to either side with opposite arm, bending knee slightly. Place a coffee mug, binder, or book on the ground to reach.

**Single Leg Extensions**

Stand up to do a side extension (B) and front/back extension (C). Lift legs slowly as high as you can go and do 3 sets of 10 reps.

**Plantar Flex**

Great to do at your desk! Hold on to chair and raise calves up and down.
4. Stay Committed!
Choosing to stay active and eat a healthy diet are lifestyle choices that will improve your energy levels, mood, and health, which in turn will improve your productivity and happiness at work. If you make the goals to implement small steps towards nutrition and moderation in your diet, and simple, yet effective exercises in your work routine, you may notice a boost in your energy levels and see additional health benefits over time.

Identify Fitness & Nutrition Goals
What are you trying to accomplish? You may have overarching goals, or specific desired outcomes. Do any of these apply to you? Identify your goals as a starting point towards fitness.

- Improve health, energy, and self-esteem.
- Reduce risk of, or treat, chronic illness such as diabetes, heart disease, obesity, or hypertension.
- Run/walk one mile.
- Strength train twice a week.
- Reduce my BMI.
- Eat 5 servings of fruits and veggies a day

Write It Out
Put it on paper and post it on your desk, refrigerator, or computer monitor. Write down your fitness goals, your daily activities, and your nutritional intake. Keep a journal or fitness calendar to jot down items each day, which allows you to plan ahead and see progress over time.

Measure Your Activity
Keep a journal or fitness calendar to jot down items each day, which allows you to plan ahead and see progress over time. Products such as the Fitbit digitally measure your steps, heart rate, calories burned, and more. Schedule breaks during your workday to make time for a 10-minute walk or a 15-minute stretch session.

Make it a Group Effort
Get encouragement and motivation from peers and co-workers. Create group activities such as walks, after-work sports teams, or friendly competitions using activity tracking devices.
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Eliminate Excuses
The most common excuses for avoiding physical activity?

• “I don’t have time” – If you’re spending extra time on your phone or your computer not working, replace this time with time for exercise. Instead of 15 minutes of web surfing, try a 15-minute walk down the road for a coffee break.

• “I don’t have the energy” – What time of day do you have the most energy? Identify this time and make it a goal to exercises during this time frame. Oftentimes, lack of energy can be more of a mental block than a physical one. Being active can actually increase your energy, and produce endorphins to perk up your mental state.

• “Healthy food is too expensive” – Seek out ways to save on healthy foods. NutriSavings offers cash back incentives for healthy purchases and suggests healthy alternatives for families seeking affordable, nutritious options. Frozen fruits and veggies are typically cheaper and still packed with essential nutrients.

• “I have to take care of my family” – Family is important, but so is your family’s health! Make fitness a family activity. After work, take a walk to the park, join community fitness events, or do exercises videos together in your home. Make mealtime family time and cook together using fresh, healthy ingredients.

A fitness program doesn’t have to be overly complicated. Find exercises you enjoy doing, and stick with them. By incorporating aerobic exercise, flexibility, and strengthening into your weekly routine, you will achieve a well-rounded physical output.

Wellness programs begin with the cornerstone of health: nutrition. Nutrition plays a key role in keeping people healthy and energized throughout the day, especially during physical activity. To learn more about the NutriSavings nutrition wellness program, which makes healthy grocery shopping easy and more affordable, contact info@nutrisavings.com, or call 800-344-8593 today!

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1 http://www.heart.org/HEARTORG/GettingHealthy/PhysicalActivity/FitnessBasics/The-Price-of-Inactivity_UCM_307974_Article.jsp

