

Spring INTO ACTION

Workplace Wellness Challenge

Week 4 – Squeezing Exercise Into Your Schedule



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Squeezing Exercise Into Your Schedule

1. Walk or bike to work if you have a short commute. If this is not an option, take brief, frequent breaks to walk and stretch.
2. Stretch, stretch, stretch. Stretching reduces stress and tension. Try taking a few minutes every hour to step up from your desk and stretch your arms, legs, back and neck. This will keep the blood flowing through your body and help you feel rejuvenated.
3. Take the stairs instead of the elevator. Taking the stairs allows you to get more physical activity and also helps you burn more calories.
4. Create an exercise or walking group. What better way to get in shape than to include your friends and co-workers? Incorporating group exercise will not only be enjoyable, it will keep you motivated and accountable.
5. Park in the back. When you get to the office or the store, pick a parking spot far from the entrance. This will allow you to get more steps in your day, resulting in more exercise and calorie burning!
6. Make it a date. Plan activities in advance and put them on your calendar or in your phone. When the event is scheduled, you are more likely to keep your commitment. Plan both indoor and outdoor activities. Go hiking on the trail or explore some local caves.
7. Try something new. Sign up for a new aerobics class, challenge yourself to practice yoga, or even sign up for a dance class. These are fun alternatives to traditional exercise that will keep you interested and excited.



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Reference: Mayo Clinic. (2010, Oct. 30) *Fitting in fitness: Finding time for physical activity.* Retrieved April 24, 2012, from: http://www.mayoclinic.com/health/fitness/HQ01217_D



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Tips for Staying Physically Active

Schedule

Each week, try to schedule exercise time on specific days. Get up before the rest of the family and use this time to run, walk or stretch.

Step up your pace when doing chores

Get into some vigorous sweeping, mopping or vacuuming. Active chores can burn a lot of calories!

Make your cardio workout a little shorter, and disguise it in fun time with family members

Getting your heart pumping, for even 10 minutes, will increase your energy and speed your metabolism. Here are some ideas:

- Shoot baskets or kick a soccer ball
- Take the kids for a walk
- Pull young children in a wagon around the neighborhood
- Let young children ride tricycles or bikes while you jog behind them
- Have a snowball fight, go sledding or play a game of football after holiday meals
- Challenge your kids to a dance-off

Take every opportunity you can to get moving

- Stretch or march in place while you're on the phone
- While watching TV, do push-ups or sit-ups during commercials
- If your job is sedentary, make your breaks a time for brisk, short walks



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Reference: Suleman, A., & Heffner, K. D., (2011, Nov. 14) *Exercise Prescription*. Retrieved Dec. 2, 2011, from: <http://emedicine.medscape.com/article/88648-overview>.