

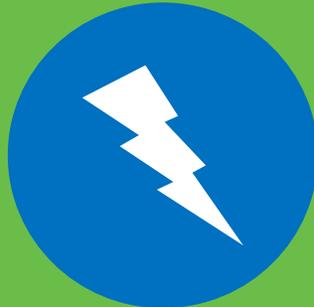


# EXERCISING AT WORK

Make fitness a part of your day



# How inactivity affects your body



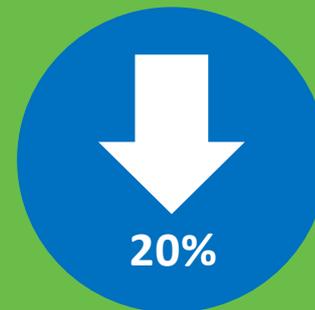
Electrical activity  
in the leg muscles  
shuts off



Calorie burning



Fat burning enzymes



Good cholesterol  
(after 2 hours)

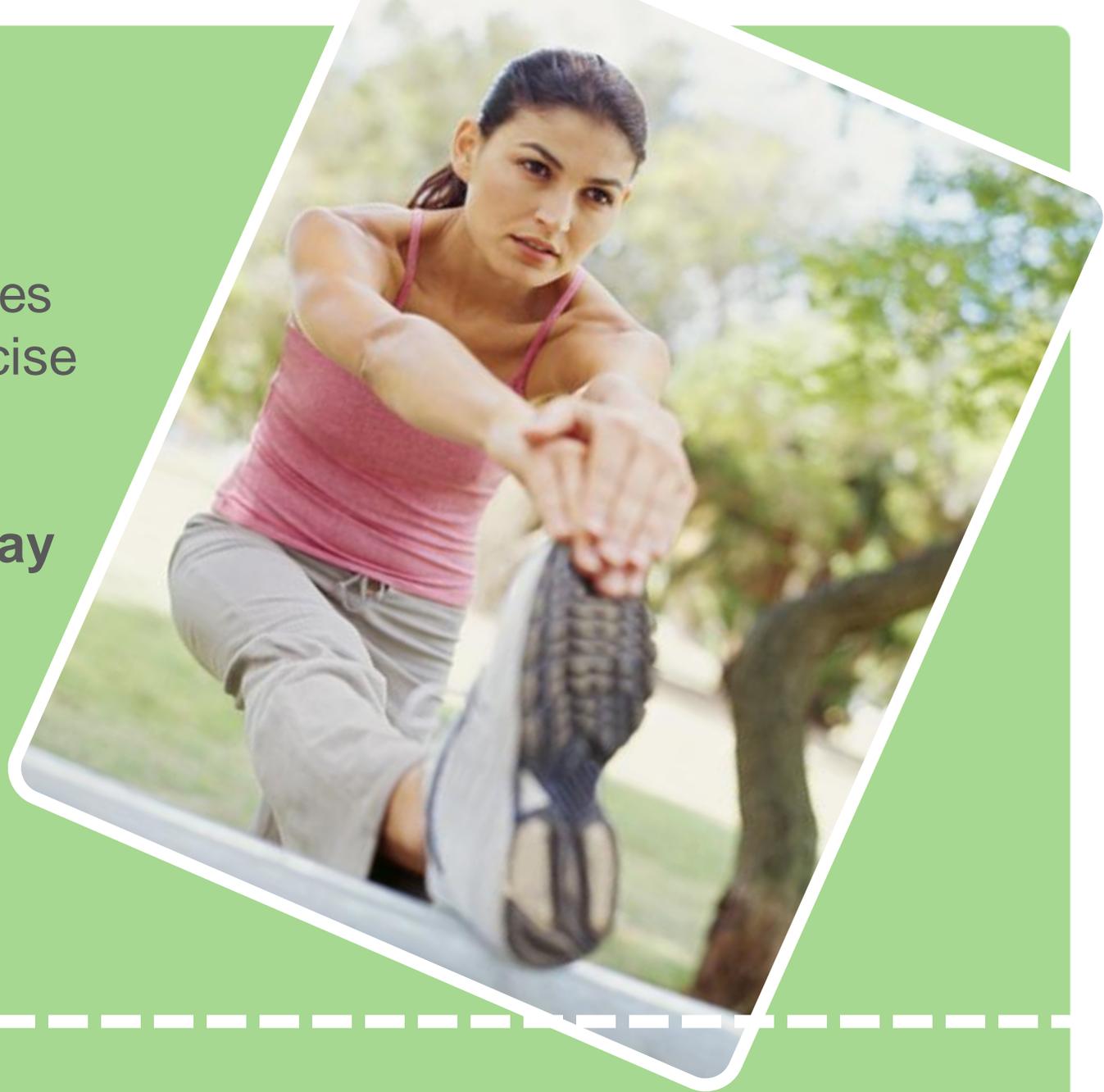


# Rise and Shine!

Get up 30 minutes earlier and exercise before work.

**Starting your day with exercise:**

**6:00 a.m.**



# Rise and Shine!

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Starting your day with exercise:



**Jumpstarts**  
your metabolism

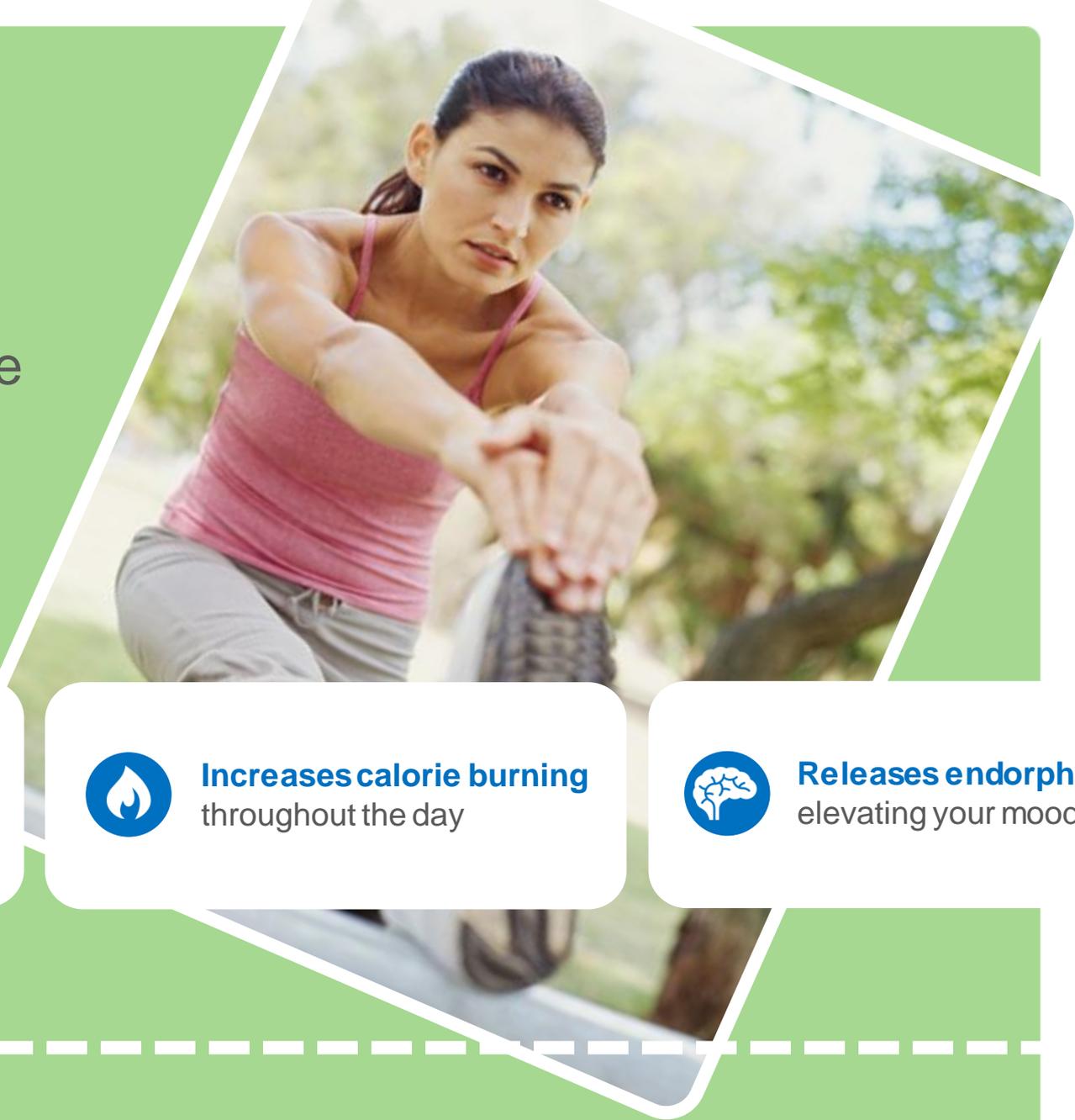


**Increases calorie burning**  
throughout the day



**Releases endorphins**  
elevating your mood

**6:00 a.m.**



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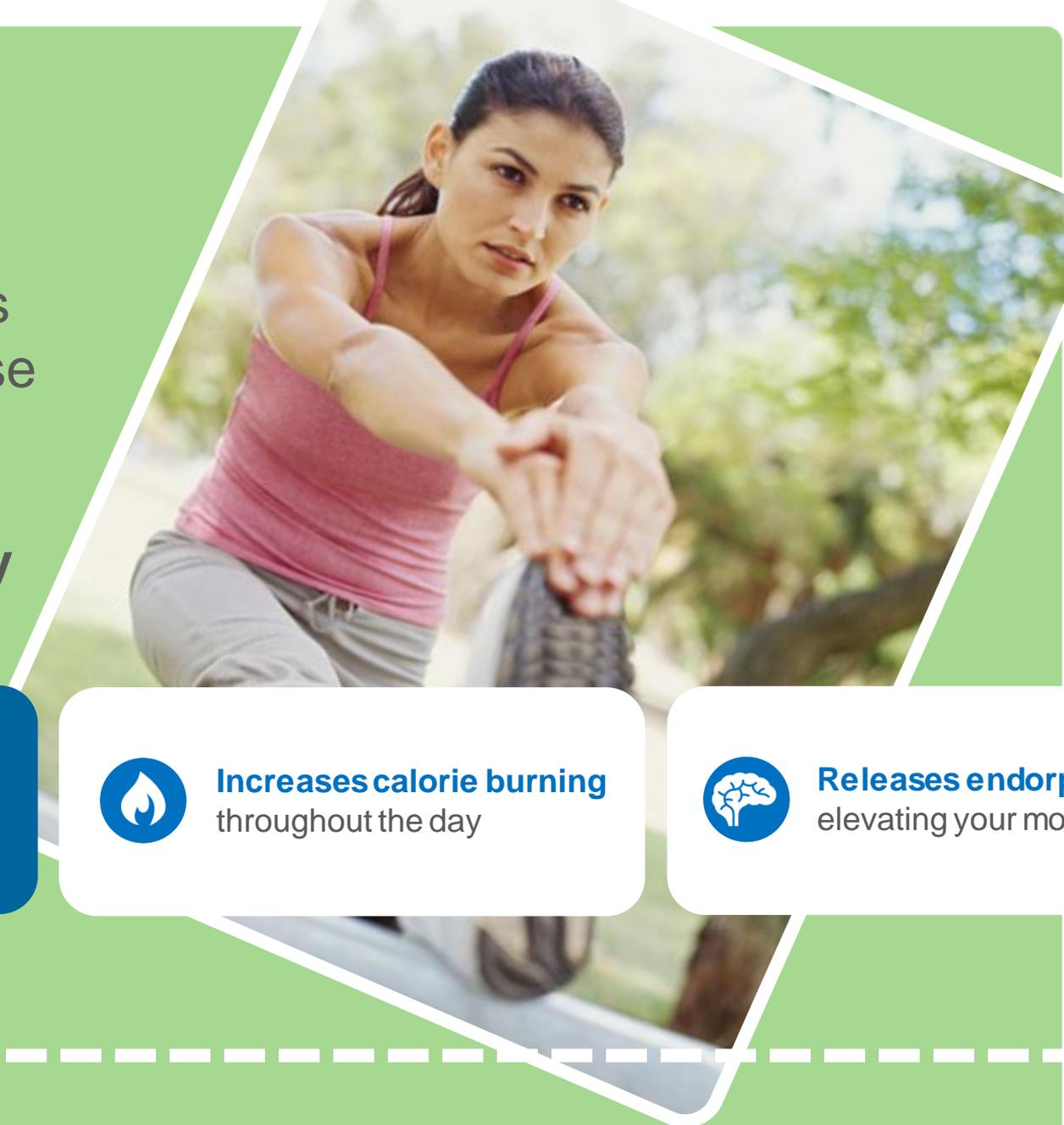


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**Increases calorie burning** throughout the day

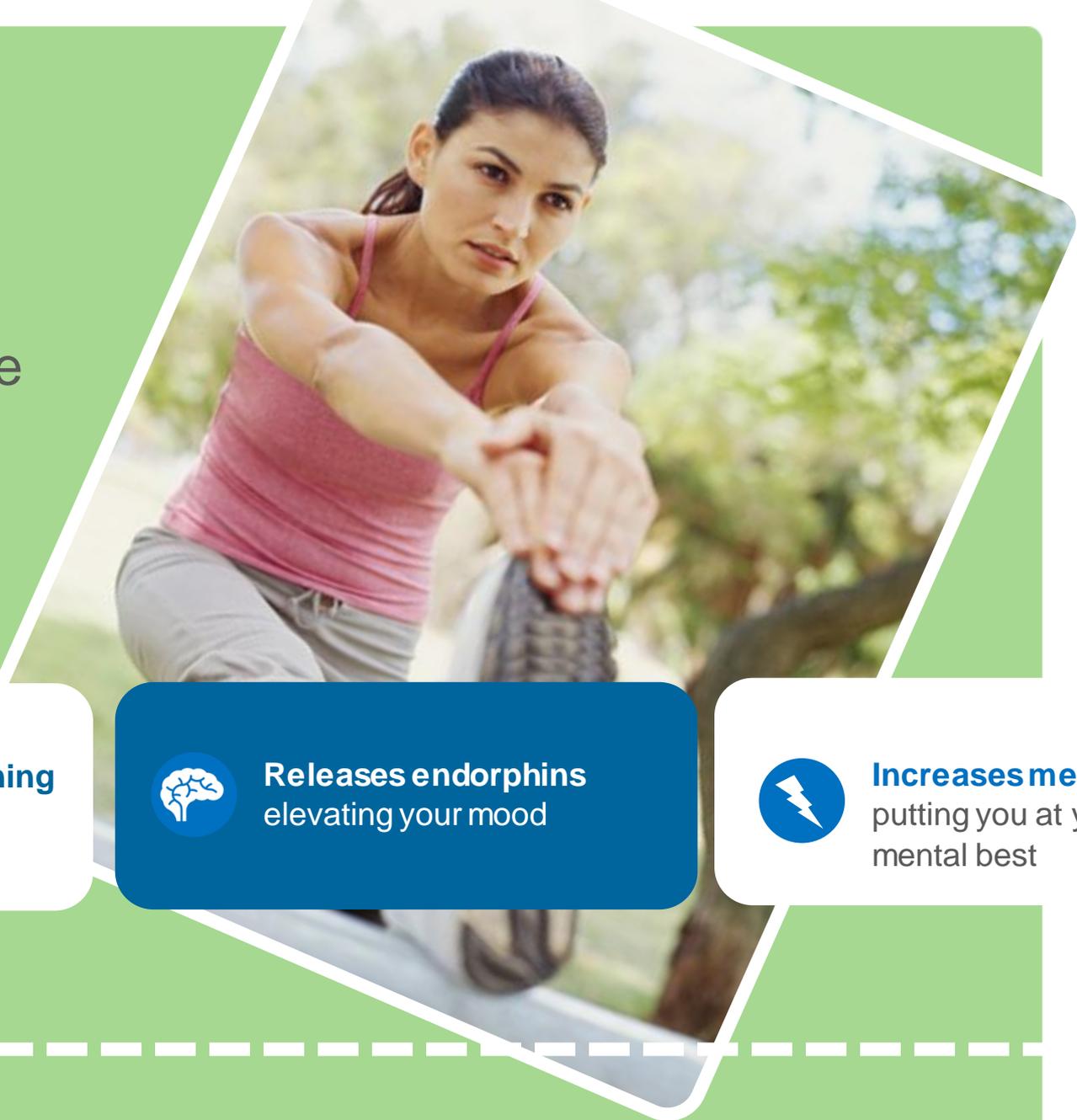


**Releases endorphins** elevating your mood



**Increases mental energy** putting you at your mental best

**6:00 a.m.**



# Rise and Shine!

Get up 30 minutes earlier and exercise before work.

Starting your day with exercise:



Calorie burning  
the day



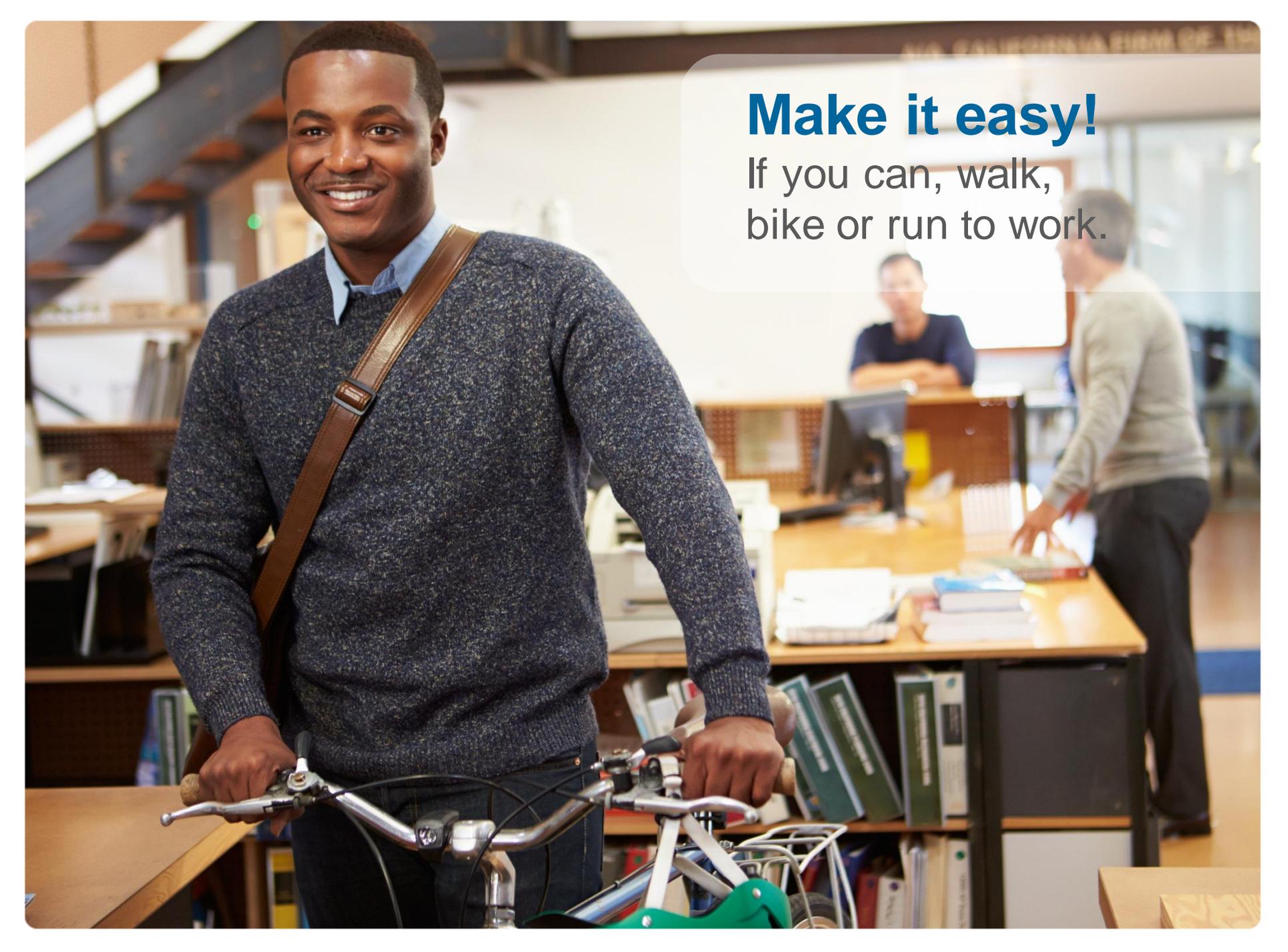
**Releases endorphins**  
elevating your mood



**Increases mental activity**  
putting you at your  
mental best

6:00 a.m.



A smiling man in a grey sweater and blue shirt is standing in a library, holding the handlebars of a bicycle. He has a brown messenger bag slung over his shoulder. In the background, there are bookshelves, a desk with a computer, and other people working. The text "Make it easy!" is overlaid in a blue font, followed by "If you can, walk, bike or run to work." in a black font.

**Make it easy!**

If you can, walk,  
bike or run to work.

**Did you know?**

# Did you know?



The overall death rate for men who sit for more than 6 hours per day is **20% higher** than for men who are active

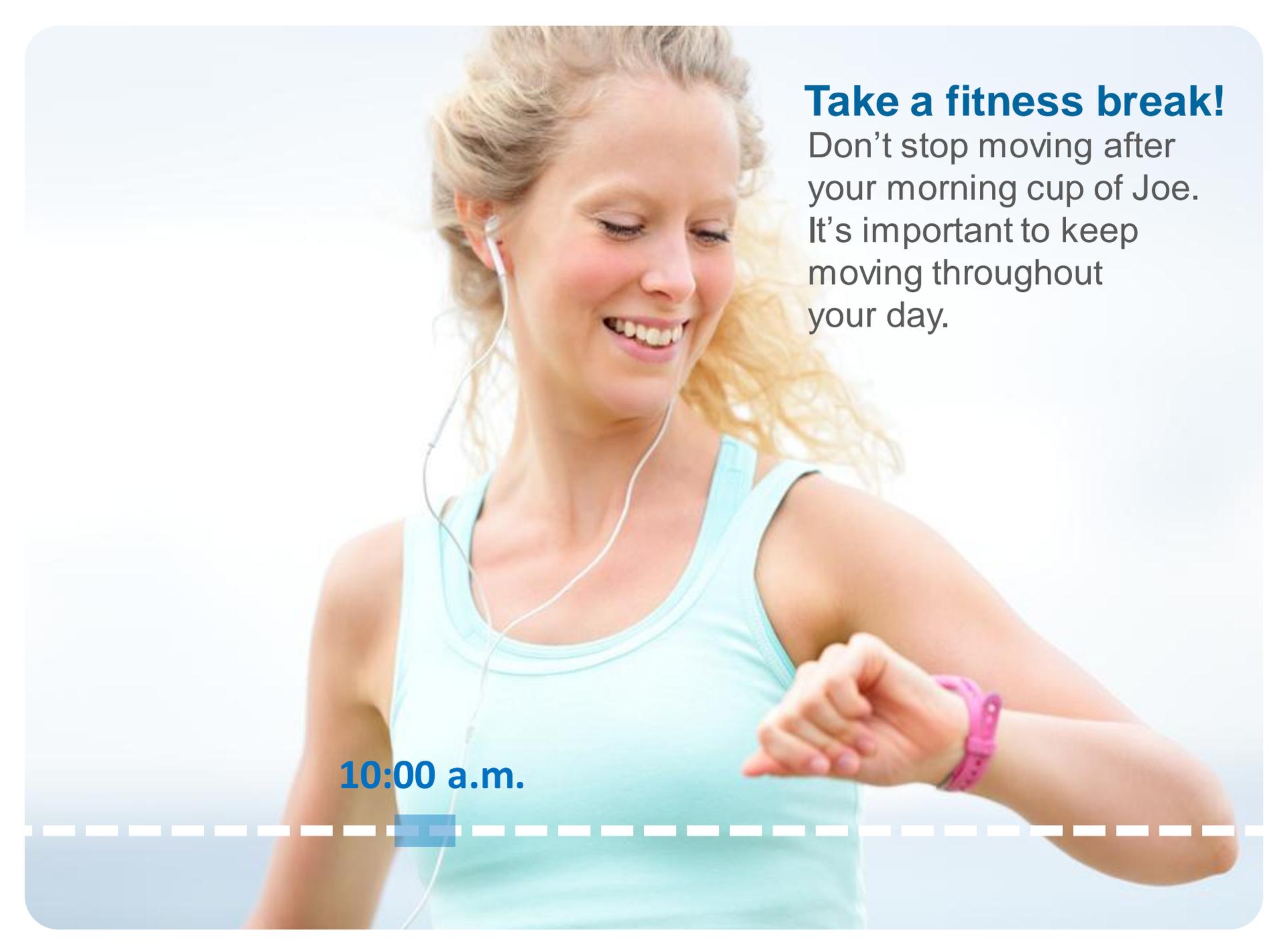
# Did you know?



The overall death rate for men who sit for more than 6 hours per day is **20% higher** than for men who are active



The overall death rate for women who sit for more than 6 hours per day is **40% higher** than for women who are active

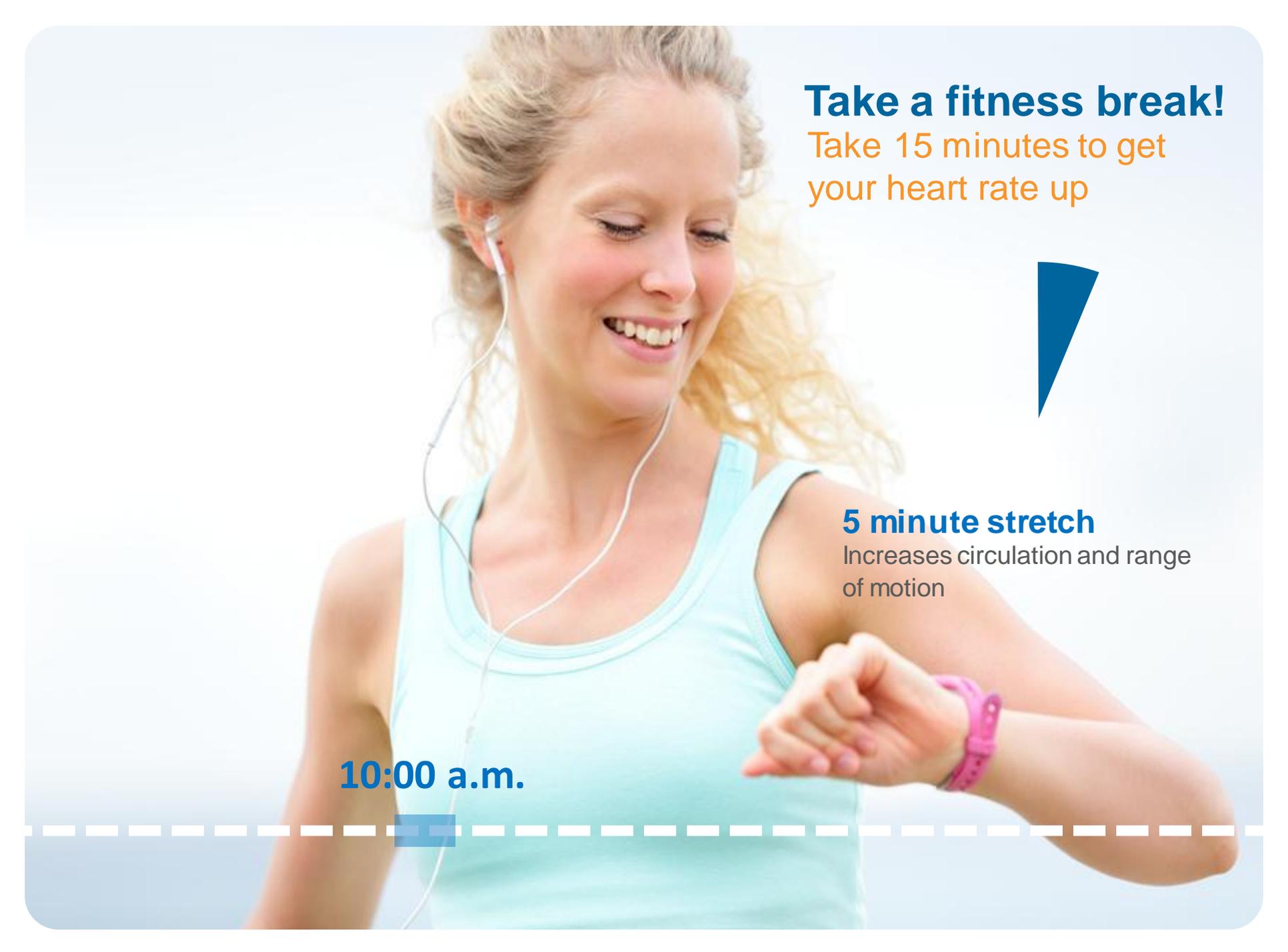


## Take a fitness break!

Don't stop moving after your morning cup of Joe. It's important to keep moving throughout your day.

10:00 a.m.

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## Take a fitness break!

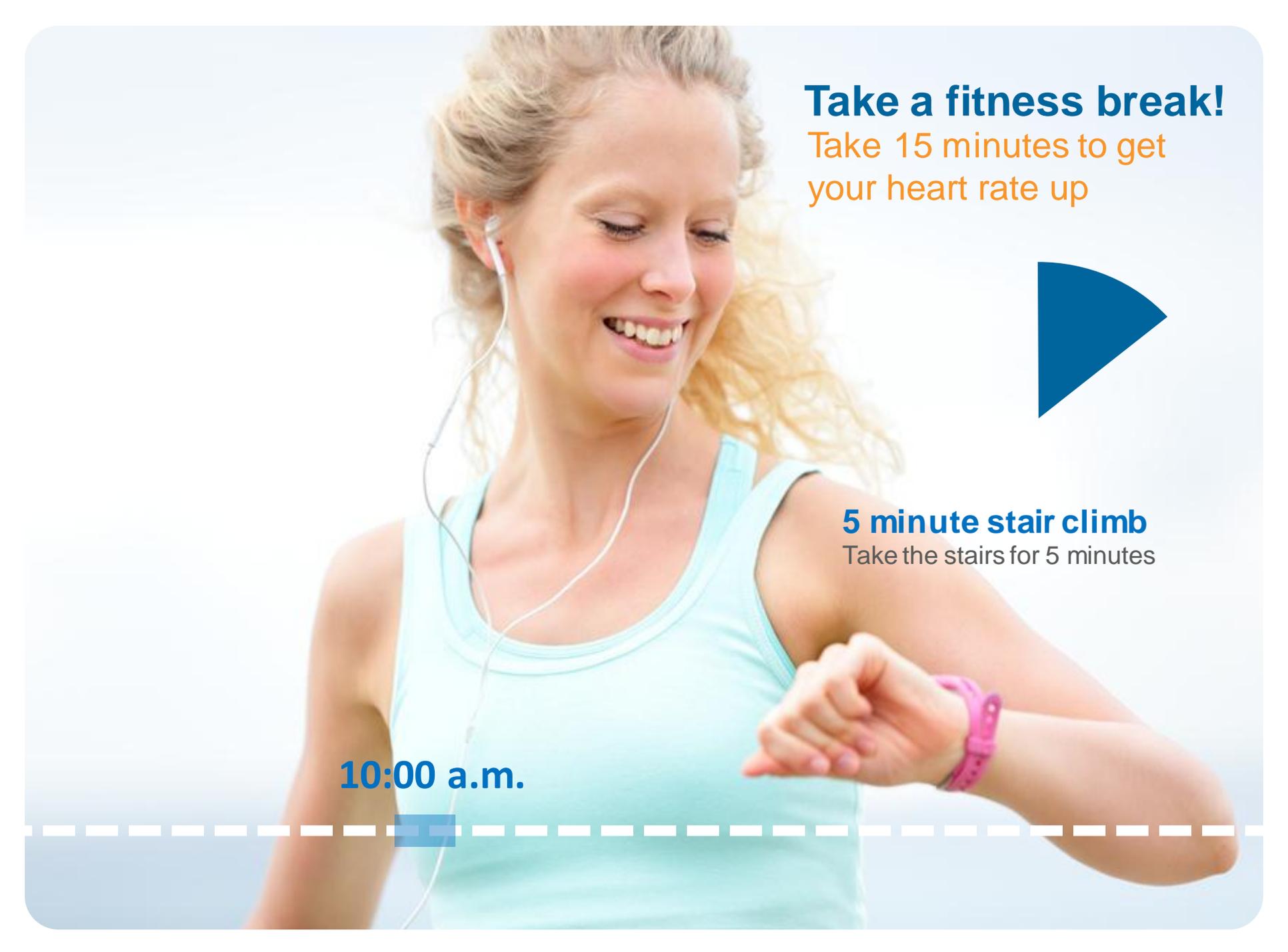
Take 15 minutes to get  
your heart rate up



### 5 minute stretch

Increases circulation and range  
of motion

10:00 a.m.



## Take a fitness break!

Take 15 minutes to get  
your heart rate up

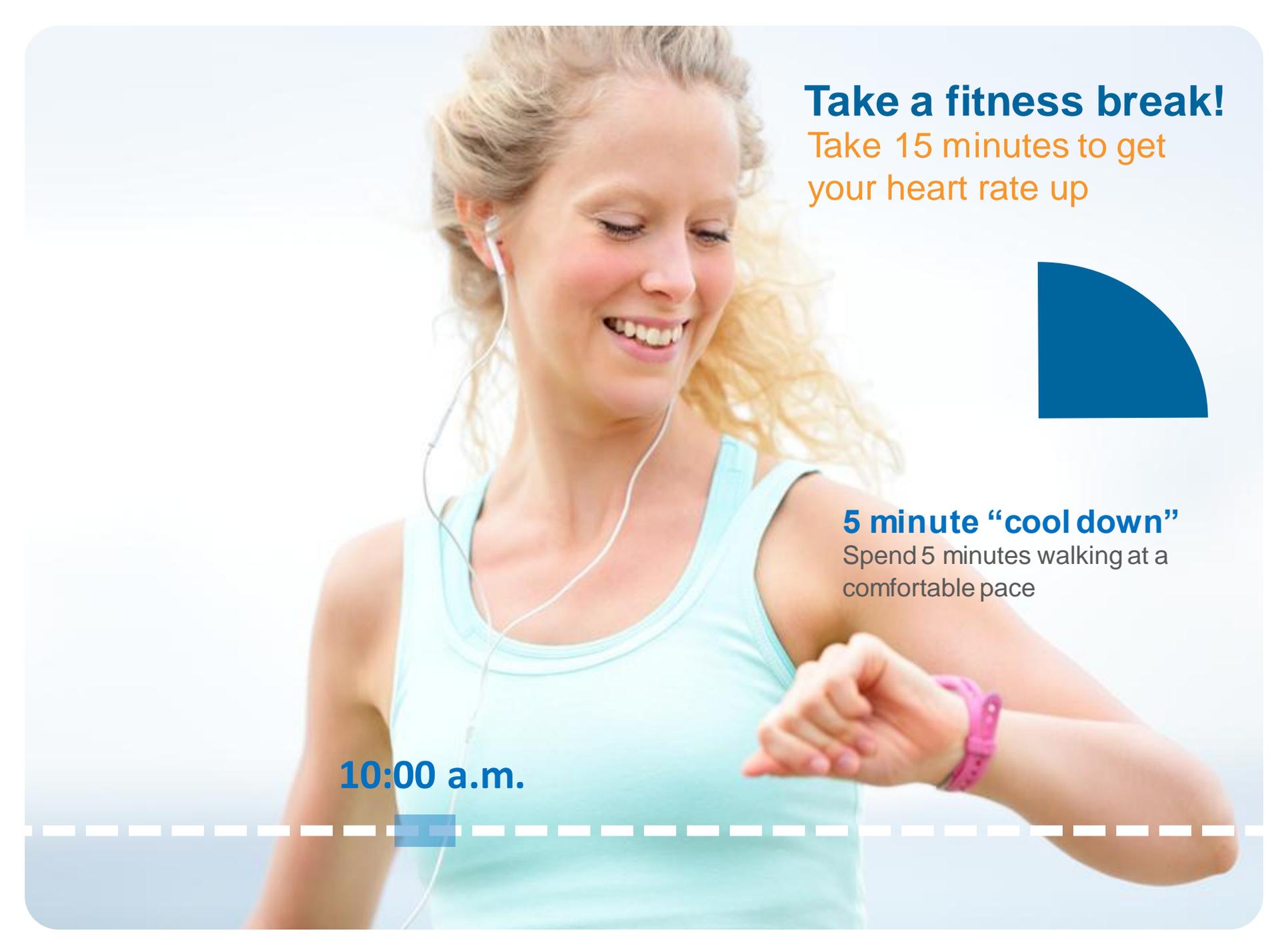


### 5 minute stair climb

Take the stairs for 5 minutes

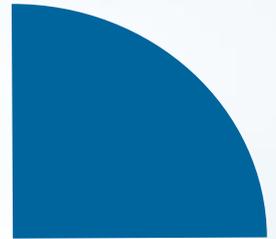
10:00 a.m.





## Take a fitness break!

Take 15 minutes to get  
your heart rate up



### 5 minute “cool down”

Spend 5 minutes walking at a  
comfortable pace

10:00 a.m.



# While you were sitting there...



## Heart disease

Excessive sitting is linked to:

- High blood pressure
- Elevated cholesterol

# While you were sitting there...



## Diabetes

When your muscles are not moving, they don't respond well to insulin. As a result, your pancreas produces too much insulin for your body.

# While you were sitting there...



## Cancer

Studies link sitting with increased risk for colon, breast and endometrial cancers.

# While you were sitting there...



## Circulation

Sitting for long periods causes fluid to pool in the legs, causing:

- Swollen ankles
- Varicose veins
- Dangerous blood clots



## It's lunch time

Instead of going for a double cheese burger, soda and fries:

**857**

Avg. calories  
in combo meal



Go for a healthy light lunch and a little exercise.

**Lunch break**

# Ready, set, walk!



## Get a walking partner

Find a friend or coworker who also wants to get fit to be your partner



## Determine your target heart rate

You can find a target heart rate calculator in the **Health Center**



## Just walk

Even as little as **20 minutes** per day of aerobic activity can have positive health effects!



## Track your progress

Try using **OptumizeMe** or “wearable” fitness trackers

**Lunch break**



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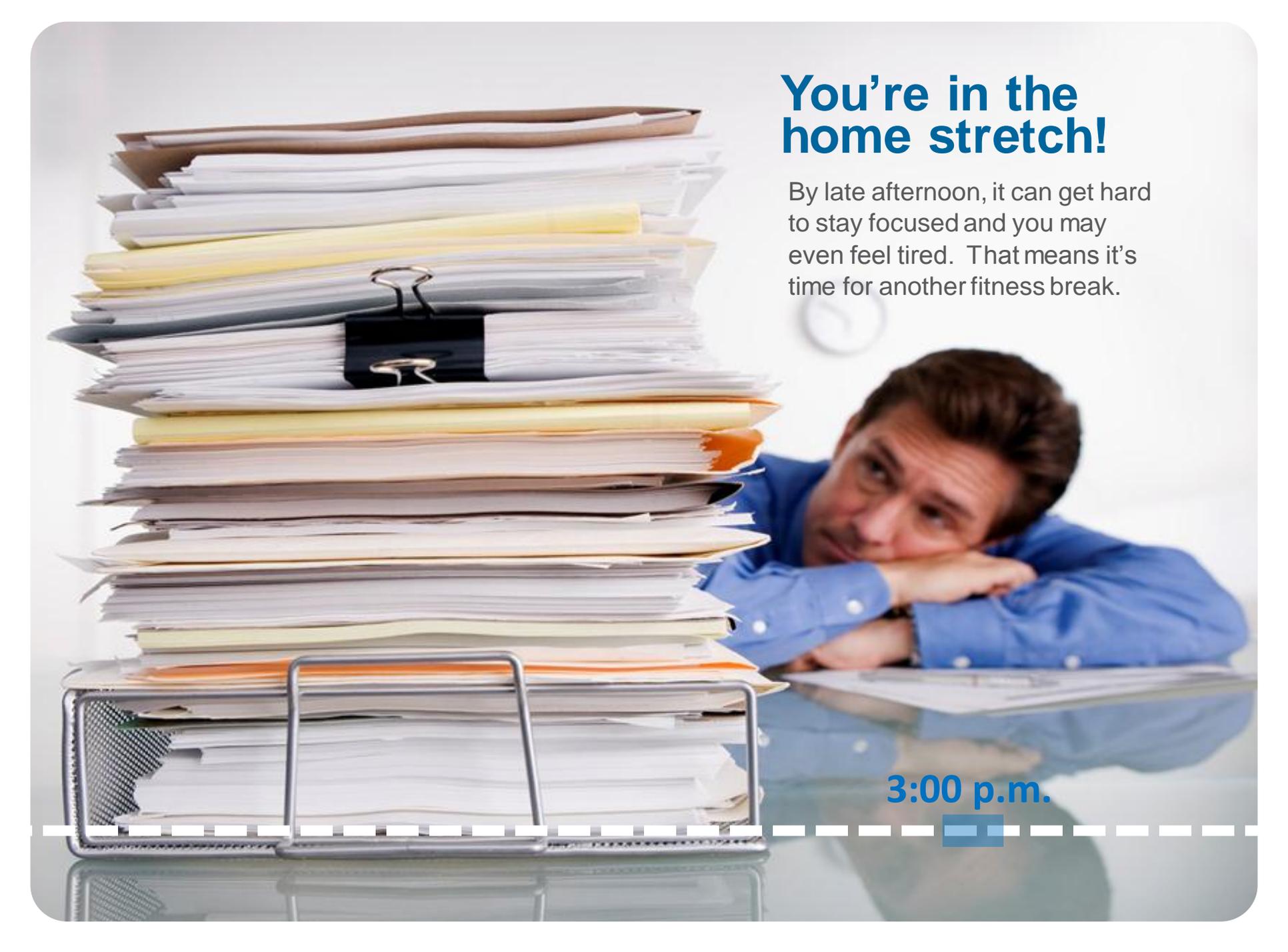
Even as little as **20 minutes** per day of aerobic activity can have positive health effects!



### Track your progress

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## Lunch break

A man in a blue shirt is leaning his head on his hand, looking tired. He is sitting at a desk with a large stack of papers in a metal tray. The papers are stacked high and are held together by a black binder clip. The man is looking towards the camera with a weary expression. The background is a plain, light-colored wall.

## You're in the home stretch!

By late afternoon, it can get hard to stay focused and you may even feel tired. That means it's time for another fitness break.

3:00 p.m.

# 15 minute afternoon stretch

Spend 5 minutes stretching your head and neck



**Stand up**



**Turn your head to the left then right**



**Stretch your arms behind your head**



**Roll your head all the way around**



**Bend your head down**



**Bend your head back**

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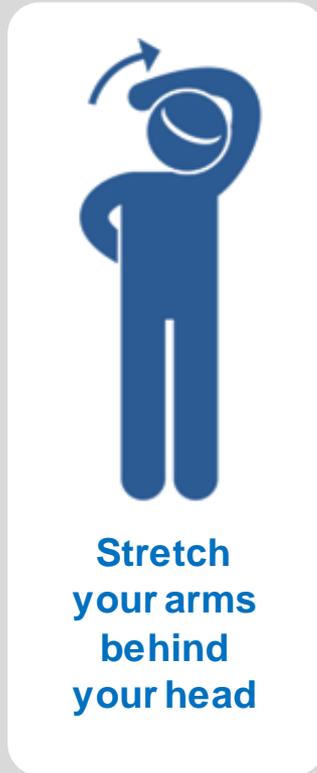
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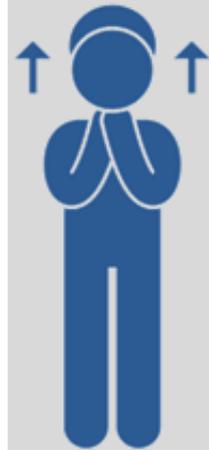
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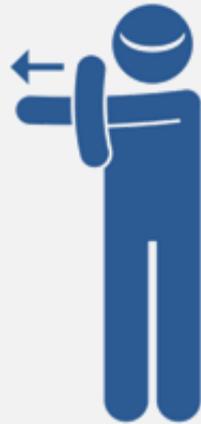
**Bend your head back**

# 15 minute afternoon stretch

Spend 5 minutes stretching your arms



**Raise both of your arms and rotate**



**Stretch your arms out straight to the left/right**



**Bend your left arm behind your head then the right arm**



**Stretch both arms high above your head**



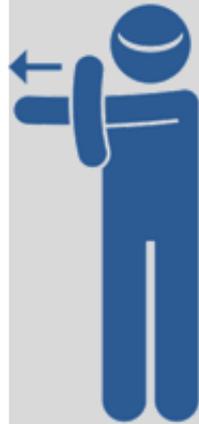
**Reach for the sky with your left then your right arm**

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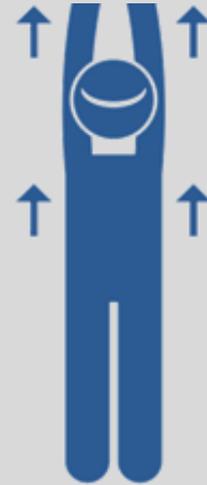
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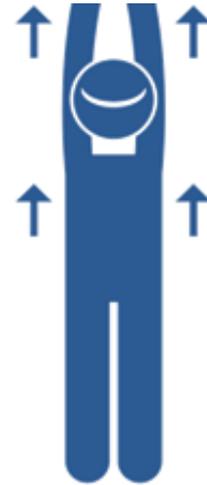
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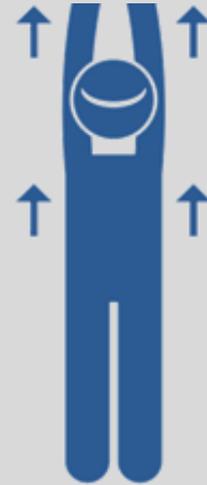
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# 15 minute afternoon stretch

Spend 5 minutes stretching your back and legs



Stretch your arms out front and arch your back



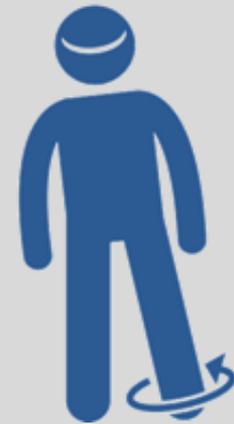
Stretch your arms to the back and arch forward



Lift one leg behind you then repeat with the other leg



Lunge forward with your left and then repeat with your right leg



Stand on one leg and rotate your left then your right

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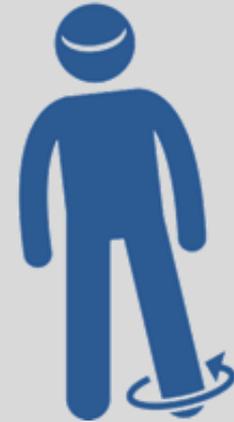
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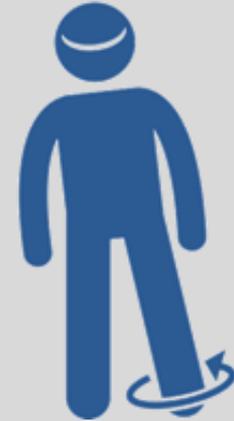
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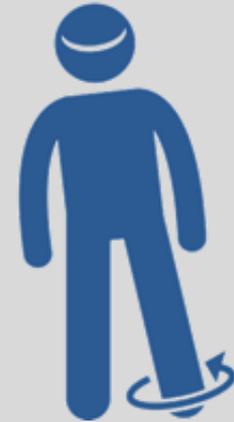
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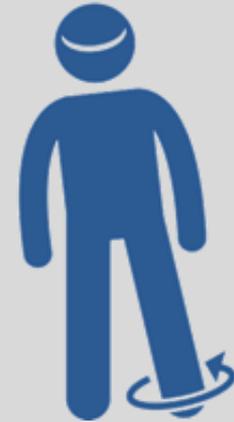
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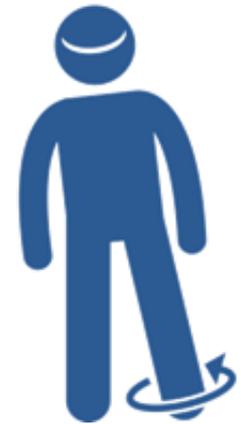
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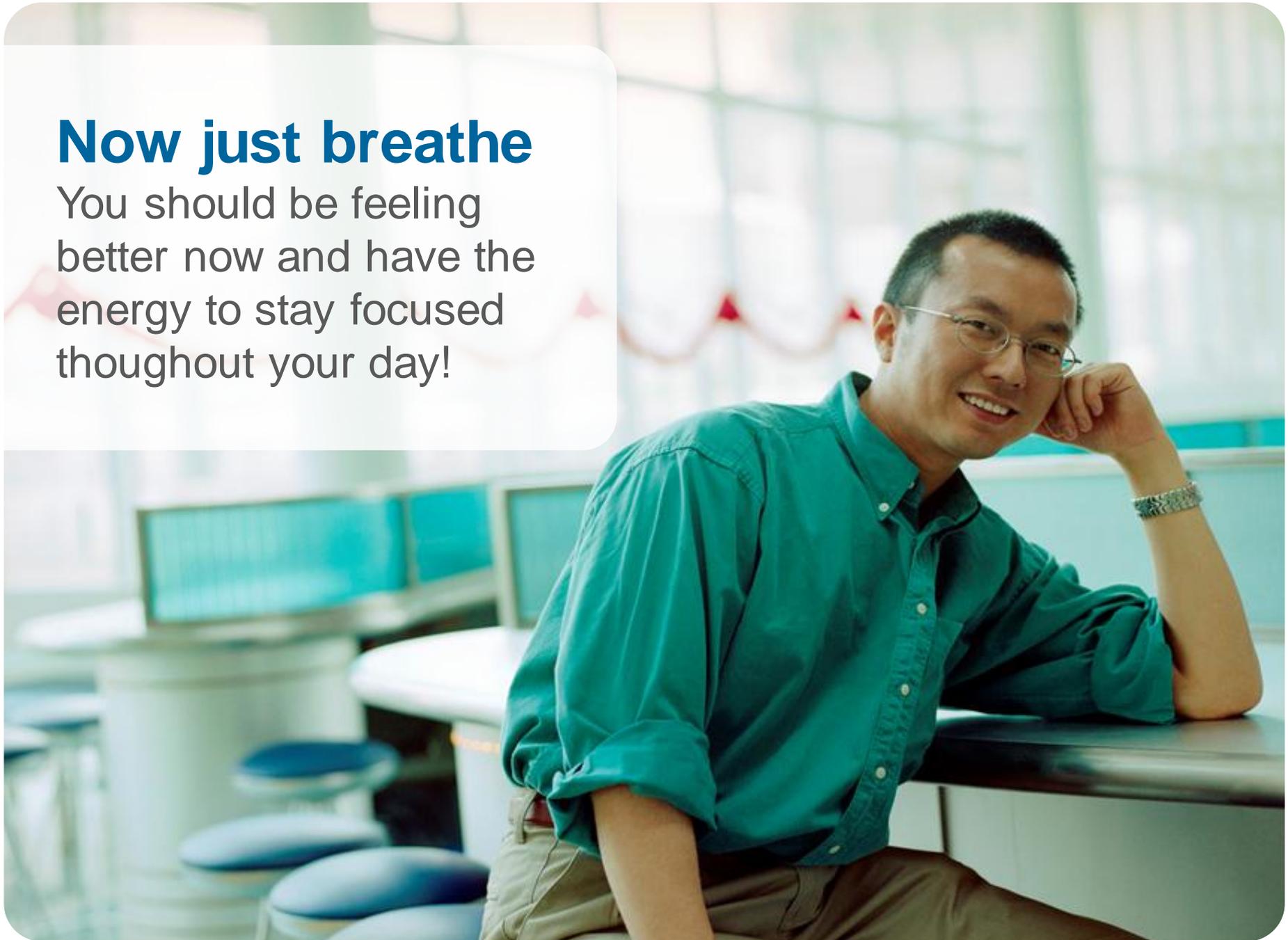
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Stand on one leg and rotate your left then your right

## **Now just breathe**

You should be feeling better now and have the energy to stay focused throughout your day!





## Sources

Vlahos, James. "**Is Sitting a Lethal Activity?**" The New York Times. The New York Times, 16 Apr. 2011. Web. 26 May 2014.

[http://www.nytimes.com/2011/04/17/magazine/mag-17sitting-t.html?\\_r=0](http://www.nytimes.com/2011/04/17/magazine/mag-17sitting-t.html?_r=0)

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<http://www.citationmachine.net/mla/cite-a-website>

**UMIR**<sup>SM</sup>

The logo features the text "UMIR" in a bold, dark blue, serif font. A small "SM" trademark symbol is positioned to the right of the letters. Below the text is a thick, green, curved underline that starts under the 'U' and ends under the 'R', curving upwards at both ends.

# *UMR Healthy U Diploma*



*This certifies that you have successfully completed:*

**Exercising at work**

*Presented to:*

---

Mary Kaye Sawyer-Morse, PhD, RD

*Presented by*

---

*Date of completion*