EXERCISING AT WORK
Make fitness a part of your day
How inactivity affects your body

- Electrical activity in the leg muscles shuts off
- Fat burning enzymes drop 90%
- Calorie burning rate decreases to 1 calorie per minute
- Good cholesterol levels decrease to 20% (after 2 hours)
Rise and Shine!
Get up 30 minutes earlier and exercise before work.

Starting your day with exercise:

6:00 a.m.
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Starting your day with exercise:

- **Jumpstarts your metabolism**
- **Increases calorie burning throughout the day**
- **Releases endorphins elevating your mood**

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- Increases mental activity putting you at your mental best

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Make it easy!

If you can, walk, bike or run to work.
Did you know?
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The overall death rate for men who sit for more than 6 hours per day is **20% higher** than for men who are active.
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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.
Take a fitness break!
Take 15 minutes to get your heart rate up

5 minute stretch
Increases circulation and range of motion

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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.
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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Lunch break
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.
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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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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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
15 minute afternoon stretch
Spend 5 minutes stretching your back and legs

1. Stretch your arms out front and arch your back
2. Stretch your arms to the back and arch forward
3. Lift one leg behind you then repeat with the other leg
4. Lunge forward with your left and then repeat with your right leg
5. Stand on one leg and rotate your left then your right
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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


This certifies that you have successfully completed:

**Exercising at work**

*Presented to:*

______________________________________________________________

Mary Kaye Sawyer-Morse, PhD, RD

*Presented by* _____________________________  *Date of completion* _____________________________