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Fitting in Fitness

Diane Andrea, RD, LD

Wellness Consultant

J.W. Terrill





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J.W.TERRILL

insuring healthy lifestyles



Benefits of Exercise

- Helps control weight
- Reduce high blood pressure
- Reduce risk for diabetes
- Reduce risk for heart disease
- Reduce risk of cancer
- Reduce arthritis pain
- Helps maintain healthy bones, muscles and joints
- Reduce symptoms of depression and anxiety
- Fosters improvement in mood and overall well-being



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Physical inactivity and low fitness is perhaps the most important predictor of morbidity and mortality that we know of. Low fitness accounts for more sickness and deaths in the population than anything else we've studied.

Dr. Steven Blair



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Precautions

- Consult your physician before beginning if you have:
 - A heart condition and are told you should only do physical activity recommended by a physician
 - Pain in your chest
 - Dizziness
 - Joint problem made worse by physical activity
 - High blood pressure
 - Other reason

Excuses

- Lack of time
- Lack of knowledge
- Gym intimidation
- Gym etiquette
- Perfectionist
- Procrastinator
- Major undertaking



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DO MORE THAN YOU ARE DOING RIGHT NOW

Exercise Guidelines





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ACSM Physical Activity Guidelines

- Healthy Adults
 - Moderately intense aerobic exercise 30 minutes a day, 5 days per week
 - OR
 - Vigorously intense cardio 20 minutes a day, 3 times per week
 - AND
 - 8-10 strength training exercises, 8-12 repetitions of each twice a week



Moderate vs. Vigorous

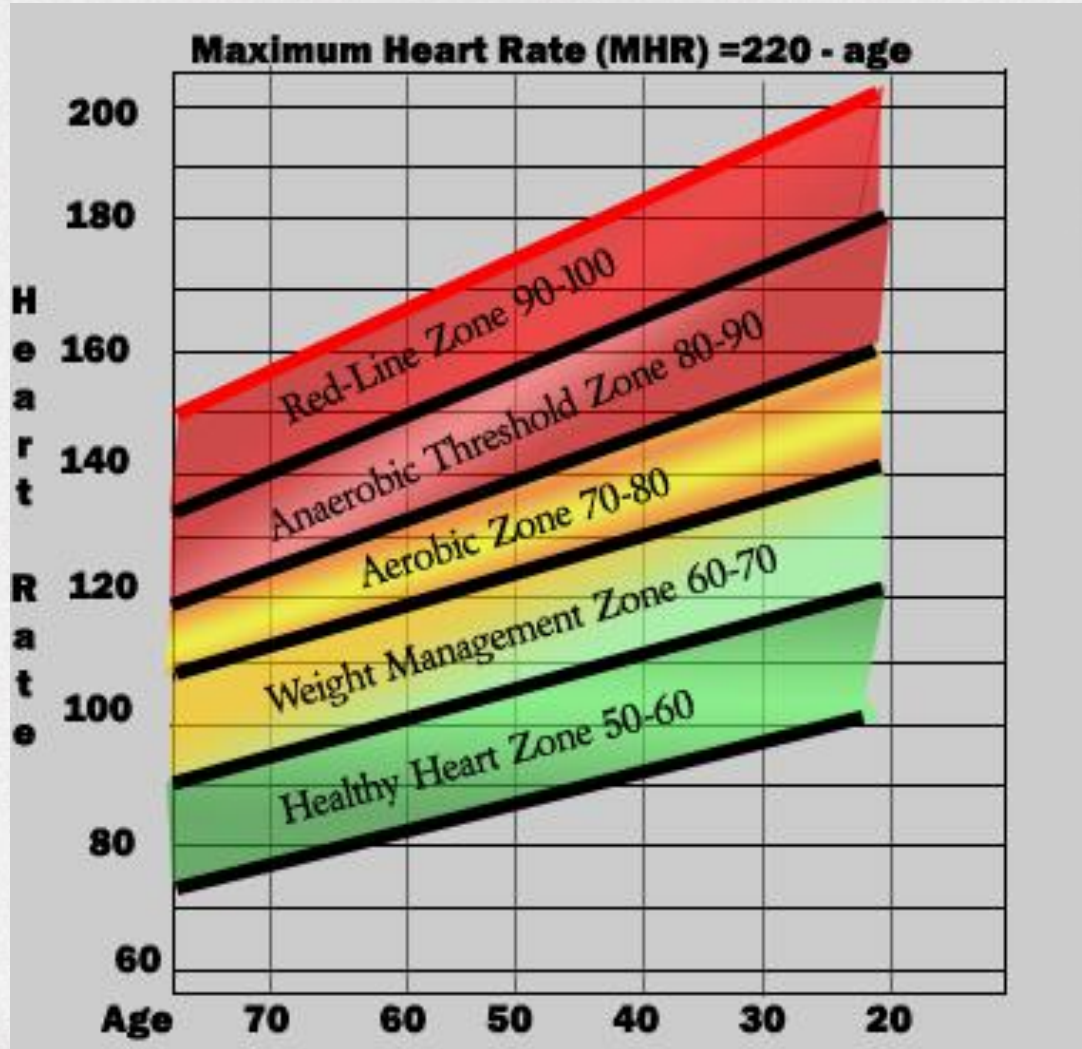
- Moderate-intensity
 - Increased heart rate
 - Can still talk, not sing
 - Walking briskly – 15 minute per mile
 - Raking
 - Light snow shoveling
 - Actively playing with children
 - Biking a casual pace
- Vigorous-intensity
 - Increased heart rate
 - Too hard to talk
 - Jogging/running
 - Swimming laps
 - Inline skating
 - Competitive sports



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Target Heart Rate



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Winning Strategies

- Start slowly
- **Plan**
- Set realistic goals
- Be happy



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Exercise Myths

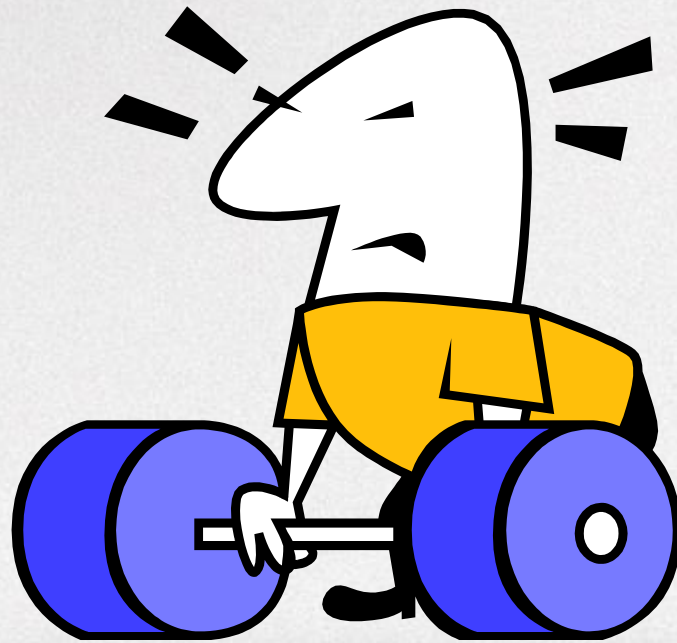


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Myth #1

No pain, no gain



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Myth #2

It's all or nothing

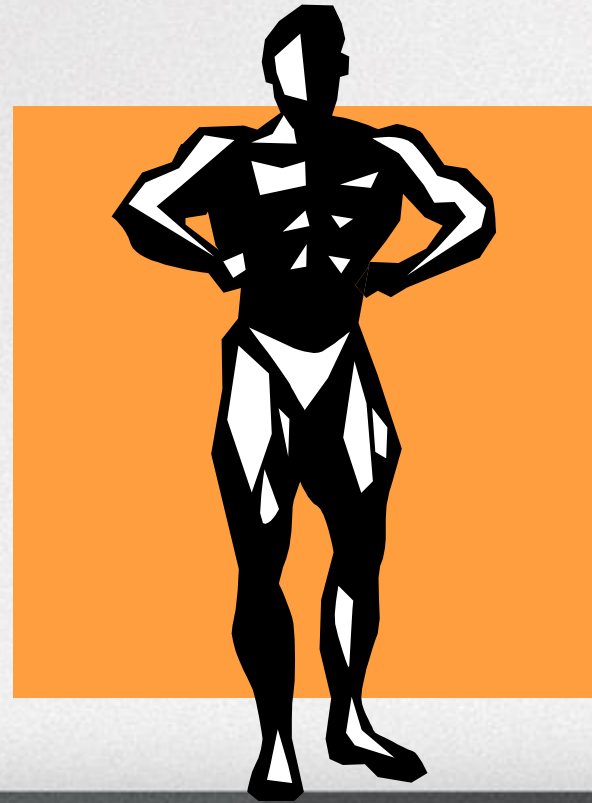


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Myth #3

I don't want to bulk up



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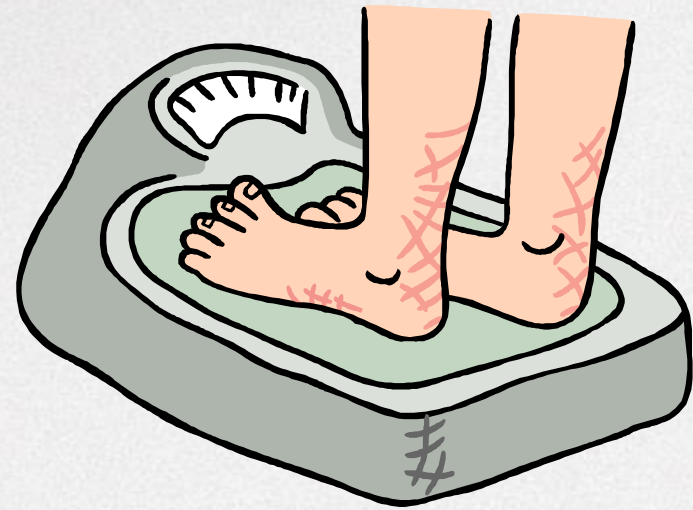




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Myth #4

Weight loss is the best barometer

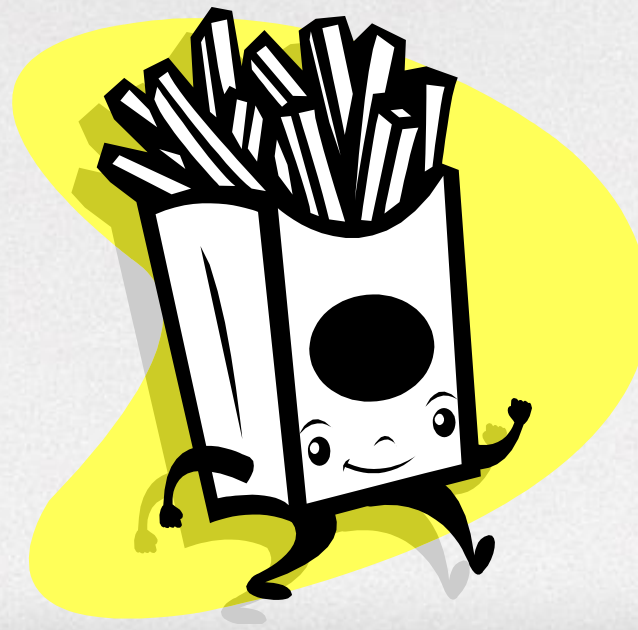




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Myth #5

Exercise gives me a pass to eat what I want.





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FITNESS IN THE OFFICE

Fitness in the Office

- Pedometer or wearable
- Stand while on the phone
- Use an exercise ball as a chair
- Take a walking break every hour – 3 for 60
- Walking meetings
- Walk instead of call
- Walk at lunch



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Fitness in the Office

- Bring hand weights to work
- Pushups on door frames
- Wall sits when waiting
- Park in the farthest space in the parking lot
- Stretch breaks
- Fitness apps – office fit free
- Fitness DVD's



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Fitness in the Office



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Fitness in the Office



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B.1 Neck stretch



B.4 Shoulder rolls



B.7 Upper and lower back stretch



B.10 Foot pump



B.2 Head turns



B.5 Wrist and elbow stretch



B.8 Back arching



B.11 Eye exercise



Fitness in the Office



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Office Workouts

- http://www.sparkpeople.com/resource/fitness_articles.asp?id=980
- <http://www.webmd.com/fitness-exercise/exercise-at-your-desk>
- <http://greatist.com/fitness/deskercise-33-ways-exercise-work>
- <https://www.washingtonpost.com/graphics/health/workout-at-work/>



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“If you do not change direction, you may end up where you are heading.”

Lao Tzu



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Thank You

Diane Andrea

dandrea@jwterrill.com

