

# FITTING IN FITNESS

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# 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

# Overview

- Excuses
- Types of activity
- Target heart rate
- Goal setting
- Myths

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.

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Dr. Steven Blair

# Excuses

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

# 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

*DO MORE THAN YOU ARE  
DOING RIGHT NOW*

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Exercise Guidelines



# 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

# *CAN YOU LIMIT YOUR SITTING AND SLEEPING TO 23 ½ HOURS A DAY?*

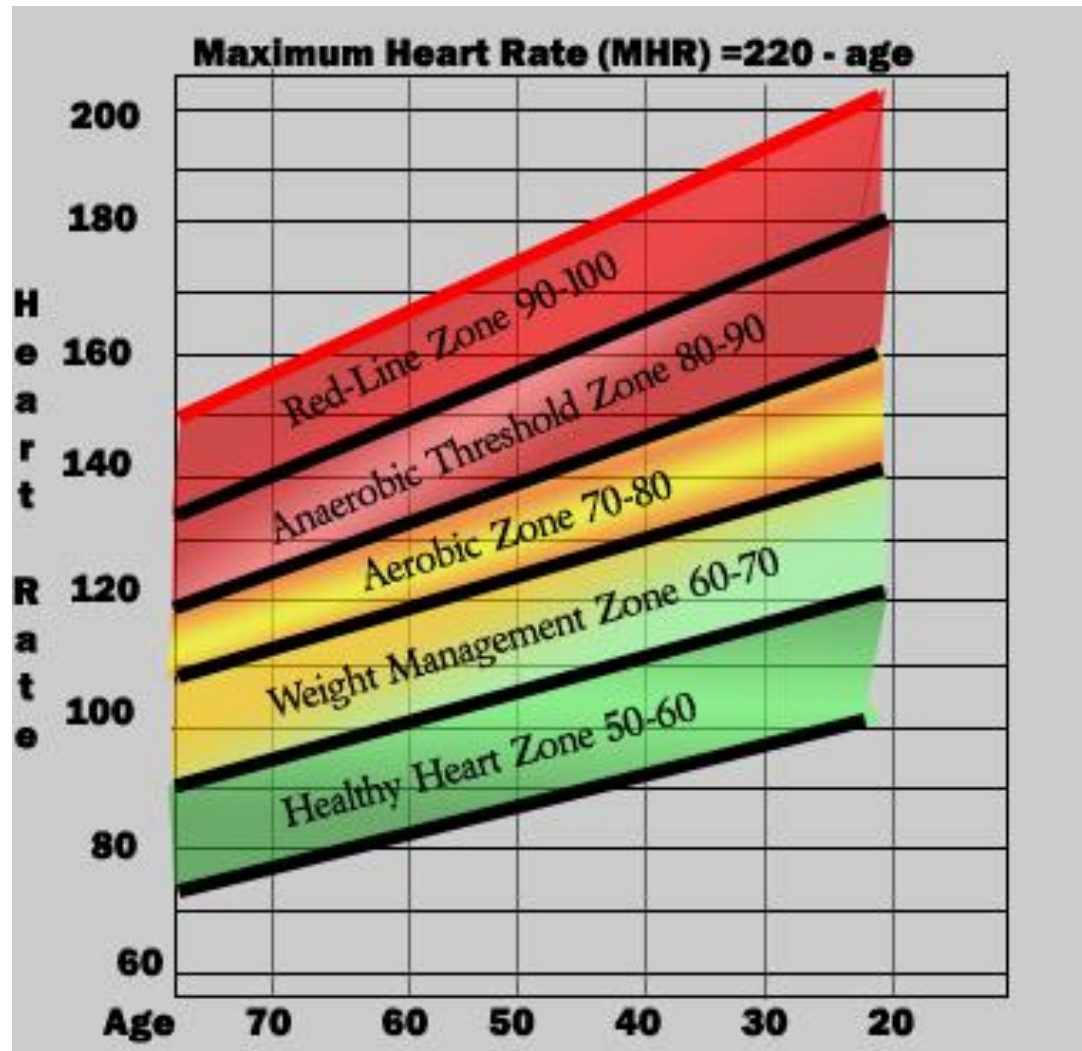
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You Tube Video - 23 ½ HOURS

# Heart Rate

- Pulse
- Normal 50 to 99 times a minute
- Target Heart Rate
  - 60% to 80% of maximum heart rate
  - Maximum heart rate:  $220 - \text{your age}$
  - Example:  $220 - 50 = 170$ 
    - 170 is your maximum
    - 70% is 119 bpm
- Take pulse

# Target Heart Rate



# Winning Strategies

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

# SMART Goals

- Specific
- Measurable
- Attainable
- Realistic
- Timely



# Goal

- Specific
  - I am going to walk after dinner every Tuesday, Thursday and Saturday
  - I will wake up 30 minutes early on Wednesdays and Fridays to do a fitness DVD
- Measureable
  - I will take my pulse during and after I walk
  - I will work out to the video for 30 minutes



# Goal

- Attainable
  - Am I available after dinner to walk?
  - Do I have any good DVD's?
- Realistic
  - Not over reaching, example I will walk everyday after work
  - I will start doing P90X exercise DVD
- Timely
  - After 3 months of my walking program I will add 5 minutes to my time
  - After 1 month I will try another DVD

# Avoid Plateaus

- Change Type
- Change Intensity
- Change Duration

# Decrease Sitting!

- Inactive physiology
- Choose to sit less

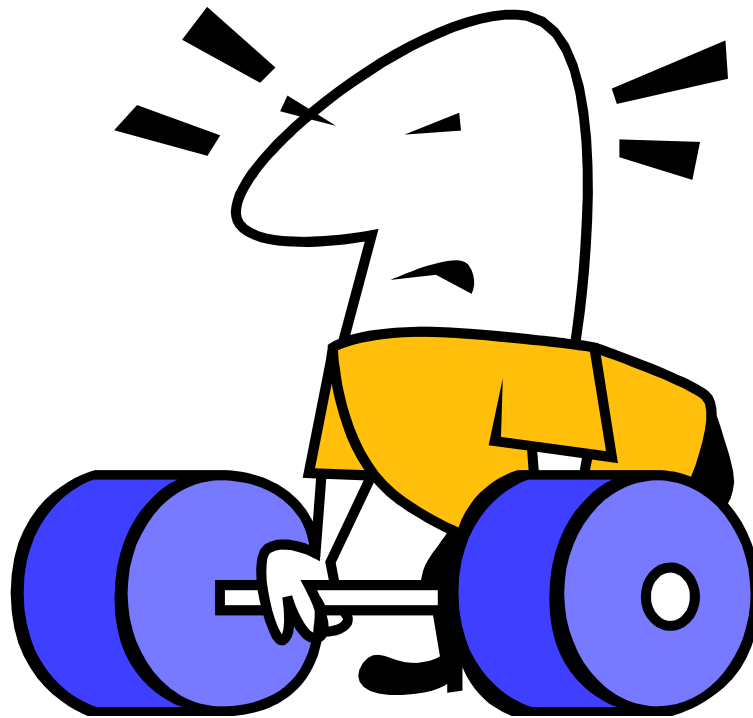


# Exercise Myths



# Myth #1

- No pain, no gain



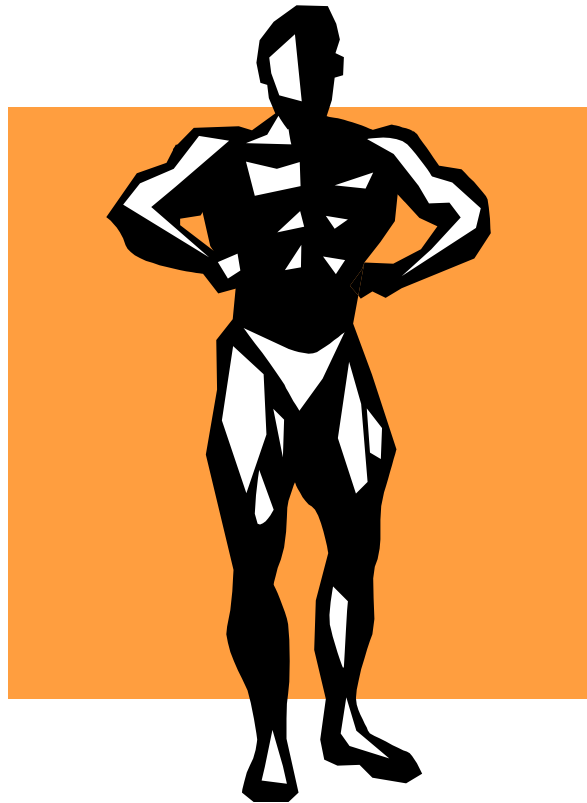
# Myth #2

- It's all or nothing



# Myth #3

- I don't want to bulk up



## Myth #4

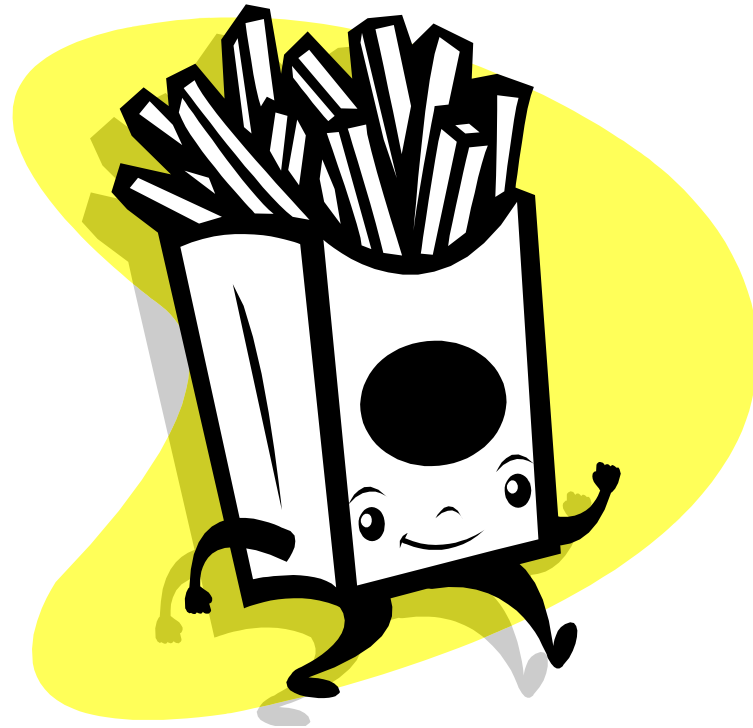
- Weight loss is the best barometer





# Myth #5

- Exercise gives me a pass to eat what I want.



# EXAMPLES

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# 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

# 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

# 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



# Resources

- [http://www.sparkpeople.com/resource/fitness\\_articles.asp?id=980](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/>



STAY MOTIVATED

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- “All days are busy, so I usually break it up: 10-15 minutes in morning (something aerobic), 10-15 minutes at lunch or in the afternoon while waiting to pick up my son from an after-school event (fast walk), and 10-15 minutes in evening (weights, balance, stretching). Plus, I always take stairs, park in the last row of parking lot, hand deliver some messages at work, walk to the bathroom farthest away from my desk, etc.” -- **Becky**

- "Most days I work out first thing in the morning or at lunch. However, a really busy day probably means I've reached night time without doing either of these. If that's the case, I throw in a 20-minute yoga DVD as soon as I get my kids to bed." -- **Paul**

- “...committing to 10 minutes each day (or most days) keeps you in the habit of exercising regularly. It keeps fitness on your mind and gets your body moving. One skipped workout can easily turn into two, three or even seven sedentary days, am I right? But I don’t consider 10 minutes to be “skipping out,” so when I do a short workout like this, I’m more likely to keep up with my plans the following days. You will feel accomplished if you do just 10 minutes of exercise (as opposed to feeling like a failure if you did nothing). If I forced myself into an hour-long workout every day, I’d probably be on the couch most of the time. But when my mindset is 10 minutes, it seems doable.” - Nicole

# Tips When You Don't Want to Work-Out

- Do it anyway. (This was the most popular answer!)
- Tell myself to go for 15 minutes. If I still feel bad or unmotivated, I can quit. I have yet to quit.
- Look on Pinterest for motivation
- Ask a friend along to the workout it helps us both with accountability.
- Do a heavy house cleaning (vacuuming, moving furniture, scrubbing) so I have a reason to work out.
- Watch a YouTube exercise video
- Take a 10-minute brisk walk.
- Take the dog for a long walk.
- Force myself anyway and feel better for it.
- Go to a yoga class.

You Know the Old Saying...

**Just Do It!**

# QUESTIONS?

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