



Tri Fit's Healthy Habits

October's Goal **Get Your Move On**

Prolonged sitting and lack of movement has been shown to adversely affect your health. To celebrate Healthy Workplace Month get your move on – for the health of it!

Share your Healthy Workplace Month strategies at
[#HealthyWorkplaceMonth](#)

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Stand up and get a move on

Leading health professionals have discovered that excessive sitting is a major risk factor for lifestyle diseases, such as heart disease, obesity, depression and even some cancers. Too much sitting, accumulated at work, in the car, and at home is making us sicker, less energetic, and unhappy.



Even if you workout regularly it still might not be enough to undo the hours of time sitting at your desk at work. A recent study found that sedentary workers who exercised regularly were at just as high risk for health issues as those who didn't exercise.

Fortunately we can reduce this discretionary sitting by simply moving more throughout the day, especially at work where people are most sedentary.

Try standing for 5 minutes after every 30 minutes of sitting and consider these other helpful recommendations for quitting so much sitting!

www.breakingthemuscle.com
www.quittingthesitting.com

Meeting Moves

Walking from your desk to a meeting room isn't exactly 'exercise', but once you arrive consider these options to keep the meeting moving:

- Choose to go for a walk with your colleague if it's a one-on-one meeting.
- Take the stairs, and skip the elevator, if your meeting is on a different floor.
- Request a 'standing room only' meeting. Have everyone push in their chairs or have the chairs removed from around the meeting table.
- Stand up while attending a meeting via conference call.
- Offer to lead a meeting warm-up by having everyone walk around the meeting table 5 times in one direction, 5 times in the opposite direction and doing 10 repetitions of sitting then standing.

www.quittingthesitting.com

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Walk and Talk



Thinking, talking and walking have been linked throughout history. Aristotle was said to walk as he taught, along with other philosophers who travelled place to place on foot delivering talks.

It's only recently that we meet around tables, seated in chairs. So let's stand up, take a walk and have a talk!

Walking meetings offer many benefits:

- Exercise that fits into the day, energizing participants and increasing their alertness
- Changing environments to inspire new ideas, especially when walking outdoors
- Enhanced problem solving and decision making by the physical activity of walking
- Relationship building and creating several conversations at once among a larger group, allowing participants to move around and talk to one another
- Walking and talking side-by-side to soften hierarchical and status distinctions, which sets people at ease

For more guidance and suggestions on how to functionally lead a walking meeting visit www.feetfirst.org/walk-and-maps/walking-meetings

www.feetfirst.org

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Stairway to Health

If you're physically able, we all know that taking the stairs is the 'healthier' option, but just how beneficial is it?

Here are 5 amazing stair climbing facts:



1. Stair climbing requires 8-9 times more energy expenditure than sitting and burns 7 times more calories than taking an elevator.
2. Calories are burned going BOTH up and down stairs; 1.5 calories for every 10 steps up and 1.0 calorie for every 20 steps down.
3. Just 7 minutes of stair climbing per day has been estimated to cut the risk of a heart attack in half over 10 years.
4. For buildings with five floors or fewer, it's almost always faster to walk up to your desk! Studies show that office workers save up to 15 minutes a day by taking the stairs.
5. Stair climbing cuts carbon emissions. By taking the stairs instead of the elevator you can save up to 0.6 kg of carbon dioxide per day.

www.stepjockey.com

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Exercise al Desko!

We've heard the expression "quit the sit" but in some workplaces frequent standing is not acceptable and for some individuals with mobility issues, not possible. What can you do to ward off the "sitting disease"? As it turns out there are a variety of exercises that can be done in a seated position that will help keep muscles moving. Try the following "stealthy" desk exercises throughout the day.

1. **Twinkle Toes** - Tap your toes quickly on the floor under your desk
2. **Silent Seat Squeeze** - While sitting, secretly squeeze your gluts and hold for 5-10 seconds then release
3. **Namaste** - Place your palms together in front of your chest and squeeze together, holding for 20 seconds, release and repeat
4. **Desk Chair Wheel** - Sitting in a chair with wheels, grasp edge of desk and lift both feet off the floor, alternate pushing and pulling your chair in and away from the desk
5. **Fab Ab Squeeze** - Take a deep breath and tighten abdominal muscles into spine, hold for 5-10 seconds, release and repeat 10 times
6. **Eye Spy** – Avert your eyes from your computer screen every 20 minutes to avoid eye strain



Source: <http://greatist.com/fitness/deskercise-33-ways-exercise-work>
Photo courtesy of www.freedigitalphotos.net

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Stretching @ Work

The following is a desk stretch routine perfect for the chair bound!



Hamstring Stretch

Sit up tall and place your right foot out in front of you. Hinge forward at the hips and pull the right toe up towards the ceiling. Hold. Repeat on the other side.



Neck Stretch

Roll your shoulders down and back. Slowly drop your right ear down. Hold. Repeat on the other side.



Back stretch

Extend your arms out in front of you at 90 degree angles. Place your right arm under your left and try to press your palms together. Hold. Repeat on the other side.



Chest Stretch

Sit up tall and place your hands on your head. Open the elbows and pull the shoulder blades back and together. Hold.



Hip/Lower Back Stretch

Sit up tall and cross your left leg over the right. Gently push the left knee down and lean forward from the hips. Hold. Repeat on the other side.




Torso Twist

Sit up tall and slowly twist your upper body to the right. Place your right arm behind the chair and look over your right shoulder. Hold. Repeat on the other side.

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All About Apps!

Best intentions are often forgotten in our busy workday. Fortunately there are a plenty of free, or nominally priced apps, downloads, and tools available for smartphones and PCs to remind us to move. The following is a sampling to help you get started!

| Smart Phone Apps | PC Downloads and Schedulers |
|--|--|
| <p>Stand UP! http://www.raisedsquare.com/standup/ This is a flexible work break timer that comes with an alert tone and can be customized to your work schedule. Set it and forget it!</p> | <p>EyeLeo http://eyeleo.com/download Anyone who spends extended periods of time in front of a screen will use this app as a reminder to take short eye breaks.</p>  |
| <p>Move More (iPhone/iPad) http://apgeodesign.com/move-more/ The Move More! App makes you more aware of how long you spend sitting, moving, standing, exercising and sleeping.</p> | <p>Eyes Relax http://eyes-relax.en.softonic.com/ Another program that reminds you to take a break. You can also configure a screen image or a slide show for your break.</p> |
| <p>Breaktime http://ios.breaktimeapp.com/ This app reminds you to take breaks and allows you to set the amount of time for your break.</p> | <p>Windows Alarms & Clocks https://www.microsoft.com/en-us/store/apps/windows-alarms-clock/9wzdncrfj3pr An interval timer to remind you to get up and move.</p> |
| <p>Move http://moveitmove.it/ Encourages you to stand up and do a brief exercise. You can choose which exercises you want to include and also create a healthy habit using occasional reminders.</p> | <p>Email Calendar Use your email calendar and set up recurring appointments with yourself to get up and move!</p> |



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Get Moving During Healthy Workplace Month

You are encouraged to complete the following activities as many times as possible throughout the month of October and record your movement on the Healthy Habits calendar.

- ✓ Organize a movement break at a meeting
- ✓ Organize a walking meeting
- ✓ Take the stairs rather than the elevator or escalator
- ✓ Stretch or move at your desk every 60 minutes