

On-the-Go Workouts: Fitting movement into your day

AT WORK

You can fit fitness in your everyday life — even with a busy schedule.



ON THE GO

> HAVE A WALK-AND-TALK MEETING.

Getting the blood flowing helps with brain function and creativity.

> PARK FAR AWAY.

You'll work in extra steps.

> GO THE LONG WAY.

Take the stairs, not the elevator.

> EMAIL AND CALL LESS.

Walk over to chat with a colleague instead of using Jabber. A quick in-person meeting can accomplish a lot.

> STAND AND STRETCH.

Sitting for long periods of time decreases your energy level.

> CLEAN YOUR WORKSPACE.

Dusting, wiping and decluttering counts as activity, too — and you'll waste less time on major cleanups during the year.

> TAKE CALLS STANDING UP.

Sitting too long isn't good for your health, so get up when you get on the phone.

> TRY A STEALTH WORKOUT.

Long meeting? Contract your abdominals and hold for 10 seconds 8–12 times or try calf raises by your desk 8–12 times.



AT YOUR DESK

Source: American Heart Association, StayWell Onsite Health Coach and The StayWell Company

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IN A HOTEL ROOM

No equipment needed! Here is a routine you can do in no time.

FIRST: LOWER BODY — LUNGES

Beginner:

From standing position, step forward with right foot and flex knee to a 90-degree angle. Straighten up and step back to standing position. (3 sets of 15, then switch legs)

Advanced:

After each lunge, add a front kick when returning to standing position.



NEXT: UPPER BODY — PUSH-UPS

Beginner:

Lean into a wall. Position your feet together and arms in line with your shoulders. Keep your head straight. Lower and raise your body, flexing at your elbows.

Advanced:

Perform a traditional push-up with palms on the floor.

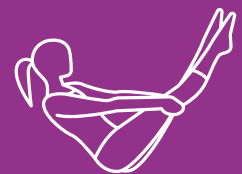
THEN: CORE STRENGTH — V-SITS

Beginner:

Sit on the floor with your legs straight in front of you. Lean into a “V” position, bending your knees. Place your hands on the floor in back of your hips for more support. Hold for 30 seconds. Repeat 4 times.

Advanced:

Extend your knees for a tougher workout.



FINALLY: COOLDOWN — STRETCHES

Beginner and Advanced:

Extend one arm straight in front of you. Grab your elbow and pull it across your chest. Hold for 10 seconds. Switch arms. Next, raise both arms above your head, palms up. Take 10 slow, deep breaths. Then, sit on the floor with your legs straight. Bend at the waist and reach for your toes. Hold for 10 seconds.

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ON THE ROAD

Sitting behind the wheel can hurt your back, neck and legs. Fight back with stretches.



BEHIND THE WHEEL

(WHILE PARKED)

Abdominal holds: (5 repetitions)

Sit up tall and pull your belly button to your spine. Hold for two breaths and slowly release. Repeat.

Shoulder and back stretches: (5 repetitions)

While sitting in the front seat, place palms on the interior roof of the car shoulder-width apart. Walk your hands toward the back seat as far as you can. Slowly walk hands back to starting position.



OUTSIDE THE CAR

(TO RELIEVE STIFFNESS)

Neck rolls: (5 repetitions)

Stand with legs shoulder-width apart. Tilt your right ear down toward your shoulder. Relax shoulders down to the side and breathe deeply. Hold for 10 seconds. Repeat on the left side.

Reach back: (5 repetitions)

Lift one arm and bend it behind your head. Place your other hand on the bent elbow to help stretch your upper arm and shoulder.



QUICK WAYS TO REV UP YOUR ENERGY

Jumping jacks: (3 sets of 10)

Walk:

A brisk lap around a parking lot can get blood flowing.

Drink water:

If you're nodding off, hydrate. Fatigue is a sign of dehydration.

Step-ups with curbs or stairs:

Step up and down on a curb 10–20 times, or walk or jog up and down stairs for 30–60 seconds.