What We Will Cover Today

- The Benefits Of Physical Activity
- Physical Activity Guidelines
- How Did We Get So Sedentary?
- Deskercise

Benefits of Physical Activity

- Boosts your metabolism, even at rest!
- Reduces blood cholesterol
- Lows blood pressure
- Increases cardiovascular endurance
- Boosts bone strength
- Reduces stress
- Reduces risk for heart disease and stroke
- Improves focus, mood and energy!
Made to Move

• Exercise has been engineered out of our lives
• We move 90% less than our ancestors 100 years ago
• Kinetic chain disruption
  • Muscles atrophy or stop firing, ex: gluteal amnesia
  • Overcompensation by other muscles, ex: hip flexors
  • Injury and pain

Made to Move

• Metabolism slows
• Sedentary lifestyles lead to increased risk of type II diabetes, heart disease, and obesity
• Studies indicate that exercise before or after work may not be enough to compensate for the time sitting during work hours

What can be done at work?

• More productive breaks or a “booster break”
• Activity at lunch
• Short bouts (10 minutes) of activity
• Sitting breaks every 30 to 90 minutes
• Walking meetings
• Stairs over elevators
• Walk to furthest bathroom, copy machine, printer
• Deskercise!
Before You Begin

• Start slow
• Warm up your muscles
• Hold stretches
• Consider removing heels or keep sneakers at your desk
• Evaluate the stability of your desk and chair
• Get your coworkers involved!
• Get a plan, set reminders

If you’re just starting your exercise program and have health concerns, be sure to discuss with your doctor before you begin any type of exercise plan or program.

Even when you’re not deskercising, you should make sure you have proper form when sitting at your desk:

• Proper chair height to reduce strain on neck
• 90-90-90 position (feet flat on floor or on foot rest, knees and hips bent at 90 degree angles)
• Lower spine flat against back of the chair
• Shoulders back and down

Let’s Start Deskercising!

• Warm up
• Reach up to the ceiling and over to each side
• Chair twist from side to side
• Half squats toward your desk chair
• Jog in place for 30 seconds or walk one lap around your department

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Lower Body Deskercises

- Static Desk Lunges – while talking on the phone
- Wooden Legs – under your desk
- Calf Raises – while waiting for paper to print
- Wall Sit – when dialing into meetings
- Silent Glute Squeeze – when typing emails

Upper Body Deskercises

- Tricep Dips – anytime!
- Shadow Boxing – while on the phone
- Wall (or desk) Push Ups – before you leave your desk
- Lat Pinch – when you lose your pen
- Water Bottle Lifts – lift, drink, repeat!

Core Deskercises

- Chair Swivel – if you have a swivel chair
- The Abs Squeezer – anytime
- Crunch Time – enough said
- Repeat “wooden legs” for additional core and leg work!
Cardio Deskercises

- 60 Seconds to Burn – 20 seconds on and 10 seconds off
  - Jumping jacks
  - Football run
  - Imaginary jump rope
  - March in place with high knees (or mountain climb against desk)
  - Take the stairs
  - Step into a vacant room and shadow box

- 30 second DANCE PARTY! Whenever you feel like celebrating, or when it’s Friday, you got a promotion or just a great kudos from your boss… have a 30 second dance party right in your chair when no one is looking!

Stretch!

- Triceps and Quadriceps Stretch
- Hamstring, Calf and Upper Back Stretch

Hand and Wrist Stretch
Seated Stretchability

- Neck Stretch
- Shoulder Stretch
- Oblique Stretch

Questions?

References:
- American Heart Association, www.heart.org
- American College of Sports Medicine, www.acsm.org
- Center for Disease Control, www.cdc.gov