

WELLNESS TALK

Movement at Work

Live Healthy Iowa Lunchtime Activity

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Current Numbers for UI

2,714,217 logged minutes

That's:

- 45,237 hours (over 5 years!)
- 2,166 average minutes per person



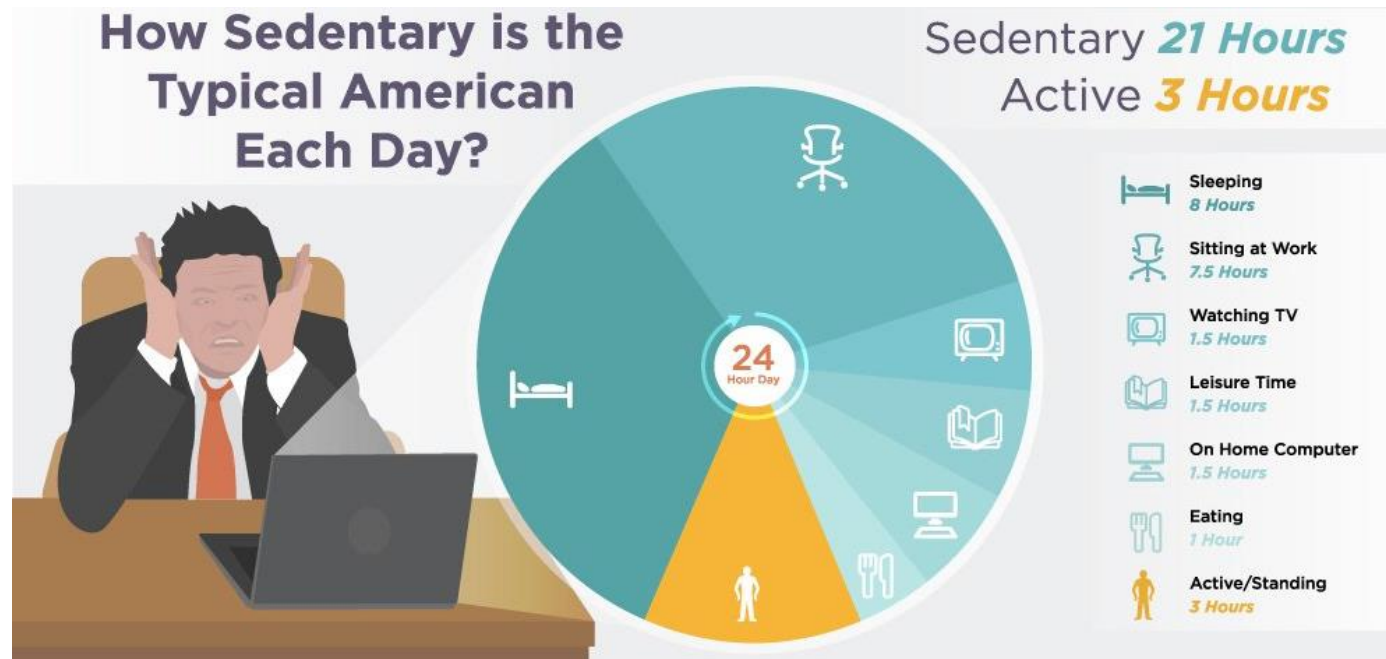
Calculate Your Sitting

- Add up all the hours that you spend sitting per day:
 - Commuting, working, leisure time



How much do people sit?

- On average, Americans sit for **10 - 11 hours** per DAY
- Office workers spend 73% of their working hours seated



Risks Associated with Prolonged Sitting

- Sitting for long periods can lead to:
 - Increased risk of chronic diseases (heart disease, diabetes)
 - Poor posture and musculoskeletal pain
 - Reduced circulation
 - Reduced energy and productivity

Benefits of Movement Breaks at Work

- Increases energy, focus, and mood
 - Increases blood flow
 - Improves posture
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- **Goal:** move for 3 minutes every 30 - 60 minutes

Create Tiny Habits

- **Pair movements with existing tasks**
 - Stand up and stretch for 10 seconds before sending an email
 - Do 10 calf raises while filling your water bottle
- **Use reminders or cues**
 - Set an alarm using your Google or Outlook calendar
 - Use notifications on your watch or mobile device
 - Place a sticky note on your computer
- **Make movement convenient**
 - Keep resistance bands in your office (*liveWELL store!*)



Exercise Snacks During Work

- Take the stairs instead of the elevator
- Walk during phone calls or meetings
- Walk to a coworker instead of emailing them
- Request a standing desk (*Departmental Wellness Grants!*)

How else can you move at work?

Deskercise!

Strength

- Squat
- Calf raises
- Seated knee/leg raise
- Pushup
- Seated bicycle crunches
- Triceps dips



Deskercise!

Stretches

- Torso twist
- Neck rolls
- Shoulder rolls
- Chest opener
- Hamstring stretch
- Spine rotation



Set your movement timer!

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