

## **“Just Do it”**

### **Physical Activity that Works for You**

#### **PHYSICAL ACTIVITY AT WORK?**

Believe it or not, one of the best opportunities that can get you physical activity is at work. We spend so much time at our jobs that if we did not take advantage of these at work hours, achieving our fitness goals would be very difficult. To get the 10,000 steps a day recommended by the fitness experts, most office workers would have to spend most of their evenings in motion. Here is a scary statistic: 47% of workers surveyed (out of 1600) say they have gained weight since starting their current job.

On the job physical activity does not have to require structure, group participation, nor should it cause stress by obligating you to a specific activity or time. Need a break? Put on your walking shoes and go!

#### **MAKE IT FUN!**

One of the most important predictors for success at maintaining a physical activity regime is that you do something that you enjoy. Understanding your physical activity style and preferences can help you reach and maintain your fitness goals. You may want to start by asking yourself these questions:

- Do I like to be social, or do I prefer time to myself?
- Do I need to get energized or wind down?
- Am I goal-oriented, or do I like to stay flexible?
- Do I want to get away from it all or get involved?

#### **FITNESS WITH A FRIEND**

If you are a social butterfly, you may want to try activities that connect you to other people. Walking with friends, participating in a group class, or joining a work-site competitive team will most likely suit you.

#### **ACTIVE SOLITUDE**

If you need to get away from it all, choose a solitary activity in a location where you feel comfortable and safe. Jump rope (with or without the rope) for 1 to 3 minutes only, or pull out those hand weights that you have stashed under your desk. Push-ups are one of the best multi-muscle upper

body workouts and can be done any time and anywhere. All that's required is a floor!

### **GOT A GOAL?**

If you like to feel a sense of accomplishment, you may want to chart and monitor your progress - like increasing time walking the stairs from 3 to 5 minutes, or increasing your time jumping rope. By the way, 30 seconds on a jump rope can seem like an eternity. It is a great cardiovascular exercise and burns lots of calories.

### **THE WORKPLACE PICK-ME-UP**

Maybe you just need an energy boost. Try any of the in-cubicle or out-of-your cubicle work-outs on the following pages. Or if you need just to de-stress, take yourself for a walk, climb the stairs a few times, or master a few stretches and yoga moves.

### **MOTIVATION**

You may prefer a combination of solitary and group activities. More variety can reduce the boredom that you may feel with doing the same work-out, and the encouragement of your walking partners may give you that nudge to put on those tennis shoes and get going.

Try visualization techniques. Imagine yourself in shape and how it feels. Create a vision of a fit you. Picture yourself feeling refreshed and energized after a workout, and be sure to reward yourself (not necessarily with food) when you meet your goals.

Finally, ask yourself one more important question. Do I see physical activity as a daily opportunity to improve my health and an essential part of my life? Keep reading, the following pages will provide you with a variety of work day activities to help you reach that goal!

### **Adapted from:**

“Workplace Nutrition and Physical Activity: An Overview of the Facts, Case Studies, and Information Resources”, from CA 5 a Day- for Better Health! Campaign

“Make Exercise Work for You”, American Cancer Society