

Sneak Activity into Your Day!



AT HOME:

It's convenient, comfortable, and safe to work out at home. It sets a good example for your family. You can even combine exercise with other activities, such as watching TV. You don't need expensive equipment or fancy gadgets to get in a good workout! Try these tips until you find the best fit for you:

- **Do housework.** Try to complete tasks with urgency to make your chores count.
- **Work in the garden or mow the grass.** Using a riding mower doesn't count! Rake leaves, prune, dig and pick up trash.
- **Wash** the car by hand.
- **Go out for a short walk before breakfast, after dinner or both!** Start with 5-10 minutes and work up to 30 minutes.
- **Walk or bike** to nearby errands.
- **Pick up the pace on walks.** Choose a route with hills.
- **Walk** the soccer or softball field sidelines while watching the kids play.
- **Make the most of commercial breaks.** Do stretches, push-ups, sit-ups, squats, lunges, or jumping jacks.
- **Get off of the couch** to change the channel or adjust the volume.
- **Get creative with your home.** Use the wall for wall sits. Shampoo bottles for triceps extensions. Use water bottles as dumbbells. Or laundry baskets for deadlifts.
- **Instead of asking someone to bring you a drink,** get up off of the couch and get it yourself.
- **Stand up** while talking on the telephone. Sitting too much can put you at risk for heart disease.
- **Your dog needs exercise too!**
- **Park farther away** from the entrance. Wear your walking shoes and sneak in an extra lap or two around the store.
- **Stretch** to reach items in high places and squat or bend to look at items at floor level.
- **Start your day on the right foot.** Get up 30 minutes earlier than usual to take a brisk walk around the neighborhood.
- **Get into a routine.** Plan your activities a day in advanced and stay organized. Make it social by getting someone to join you.
- **Join a team.** Take part in sports and recreation activities in groups. It's a great way to make new friends!

Experts say that adults need:

- **2 hours and 30 minutes (150 minutes) of moderate-intensity aerobic activity every week!**

AND

2 or more days of muscle-strengthening activities that work all major muscle groups (Legs, Hips, Back, Abdomen, Chest, Shoulders, and Arms).

- **Moderate means you're working hard enough to raise your heart rate and break a sweat.**
- **Bouts of activity can be broken up into 10 minute chunks and still be beneficial!**

AT WORK:

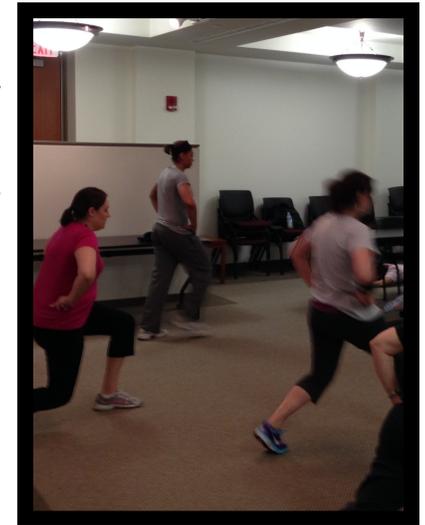
- **Park far away from the front door.**
- **Look for opportunities to stand.** Set a reminder to move, stand at meetings, stand while your on the phone.
- **Hold walking meetings.**
- **Take the stairs.** Use the stairs to the bathroom one flight up. If you have to take the elevator, stop a floor or two early and take the stairs the rest of the way.
- **Find a Buddy.** Walk at a scheduled break time with a friend.
- **Deliver a message in person** instead of emailing or calling.
- **Be Flexible.** If a conflict comes up, reschedule instead of canceling. Find a new time for the activity to replace what you missed.
- **Keep a jar of different activities you can do.** Walk to the printer, water fountain, furthest trash can, be creative!
- **Knowledge is power.** Keep a calendar of days you're active at your desk.
- **Take a walk at lunch or after work.** Great News! We've got you covered. Walking maps can be downloaded at www.hr.columbus.gov/healthycolumbus under the Get Active section.



Columbus Police Officer James Tunstall plans activity into his day and tests his limits during a workout.

TIPS FOR THE WHOLE FAMILY:

- **Get Moving.** Play tag, swim, toss a ball, jump rope, hula-hoop, dance to music or even play a dancing video game. It doesn't have to be sports.
- **Involve everyone** in household chores like cleaning, vacuuming, and yard work.
- **Celebrate special occasions** with something active, such as a hike, a volleyball or soccer game or playing Frisbee at the park.
- **Walk or bike instead of drive** whenever you can. If you have to drive, find a spot at the far end of the parking lot and walk to where you're going.
- **Park farther away** and count with your children the number of steps from the car to your destination. Write it down and see if you can park even farther away on your next stop.
- **Play your favorite music** while exercising; enjoy something that motivates you and your family.
- **Train** as a family for a charity walk or run.
- **If traveling,** stay at hotels with fitness centers or swimming pools and use them while on vacation. Also, use the stairs if there is no fitness center.
- **See the sights** in new cities by walking, jogging or bicycling.
- **At the beach,** sit and watch the waves instead of lying flat. Better yet, get up and walk, run or fly a kite.
- **At a picnic,** join in on badminton instead of croquet.
- **At the lake,** Go for a swim or rent a rowboat or canoe.



City of Columbus employees take advantage of one of the many fitness classes offered during the work day!

STRETCHES FOR THE WORKDAY



Shoulder Shrugs

- Raise shoulders towards ears
- Hold
- Relax downward to a normal position



Upper Back Stretch

- Interlace fingers behind head with elbows out
- Pull shoulder blades together
- Hold 5 seconds, then relax



Neck Tilts

- Keep shoulders relaxed and arms hanging loosely
- Tilt head sideways, first to one side, then the other
- Hold 5 seconds on each side



Wrist/Forearm Stretch

- Place hands palm to palm
- Move hands downward, keeping palms together and elbows even
- Hold 5-8 seconds



Wrist/Forearm Stretch

- Place hands palm to palm
- Rotate palms around until they face downward keeping elbows even
- Hold 5-8 seconds



Hand/Finger Stretch

- Separate and straighten fingers
- Hold 10 Seconds
- Bend fingers at knuckle and hold 10 seconds
- Separate and straighten again



Back and Hip Stretch

- Bend left leg over right leg and look over left shoulder
- Place right hand on left thigh and apply pressure
- Repeat for right side



Back Stretch

- Lean forward
- Keep head down and neck relaxed
- Hold 10-20 seconds
- Use hands to push yourself back up



Upper Body Stretch

- Interlace fingers, turn palms upward and straighten arms above head
- Elongate arms to stretch through upper sides of your rib cage
- Hold 10-15 seconds
- Breathe deeply



Side Stretch

- Hold left elbow with right hand
- Gently pull your elbow behind your head to feel stretch in shoulder or back of upper arm
- Hold 10 seconds
- Don't overstretch or hold breath
- Repeat on right side



Hamstring Stretch

- Sitting, hold onto upper left leg just above and behind the knee
- Gently pull bent knee toward chest
- Hold 15-20 seconds
- Repeat on right leg



Neck Stretch

- Sit or stand with arms hanging loosely
- Gently tilt head forward
- Keep shoulders relaxed and downward
- Hold 5 seconds