Staying Active in the Work Place

BETH NORTHUIS
ASSISTANT DIRECTOR OF FITNESS AND WELLNESS
 Millions of us have jobs that require us to sit at desks or around conference tables for several hours per day. Many health risks are associated with sitting down for prolonged periods — but how do we stay active in the workplace?
What’s next?

• Find time to workout throughout your day.
• 30 minutes of activity 5 days per week
• Examples: Walk, bike, yoga, lifting
Benefits of Exercise

• Physical activity can help reduce the amount of stress that may come from daily life.
• Lose weight
• Decrease resting heart rate and blood pressure
• Increase energy
• Reduce your risk of chronic disease
• Improve brain health and memory
Tips for success

• Stand regularly
• Move More
• Re-engineer the work environment
• Plan it into your day

Source: https://www.medicalnewstoday.com/articles/321375.php
Lower Body Exercise

**Squat**

- Feet shoulder width apart
- Knees track over toes but not past
- Torso upright with a neutral spine
- Movement is initiated from the hips
- Cues: Sit back and down like you are sitting in a chair. Keep your chest up and shoulders proud, squeeze the glutes to rise
Lower Body Exercise

Lunge

• Feet shoulder width apart with the front foot flat on the floor
• The stance is long enough that the back foot has to be lifted off the ground
• Knees tracks over the front toe
• Proud chest with a neutral spine
Lower Body Exercise

Leg Extension

• Place the center of your foot on the band, hip-width distance apart
• Hold the handles next to your hip bones
• Stand tall, straighten and tighten abdominals
• Press the leg back against the band behind the body
• Flex the foot though the motion
Lower Body Exercise

Calf Raises

• Stand with feet shoulder width apart
• Press up through the front of the foot lifting the heels of the ground
• Slowing lower the heels back to the ground in a controlled motion
Upper Body Exercise

Row

• Hands shoulder width apart
• Wrist and elbows should be in line throughout the entire pulling motion
• Pinching the shoulder blades at the top of the movement
• Flat back with neutral spine
• Feet shoulder width apart with a slight knee bend
Upper Body Exercise

**Bicep Curl**

- Hold the handles or end of the resistance band in both hands
- Step in the center of the tubing with both feet
- With palms up and elbows at your side curl the hand up towards the shoulder
- Lower back down to starting position in a controlled motion
Upper Body Exercise

Modified Wall Push Up

- Place both hands on the wall shoulder width distance apart
- Feet should be about 1.5-2 feet away from the wall and shoulder width apart
- Bending at the elbows, slowly lower the chest towards the wall.
- Press up through the hands and return to the starting position.
Upper Body Exercise

**Overhead Press**

- Place the band underneath the feet
- Grip both handles with palms facing the front with bent arm at shoulder height.
- The band should be behind the arm as you press up overhead and extend the arms
- Slowly return to the starting position, with hand just above shoulder height.
SRC Programs Available

• Group Fitness
• F45
• Personal Training
• Small Group Training
  • Learn to Lift
  • Strength Training 101
• https://wmich.edu/rec/
Have you joined Western Wellness?

WMU Benefit Eligible Employee Wellness Program

• Enroll in the program to receive $240 wellness incentive which is a reduction in your health plan contributions each pay period throughout the calendar year.

• Register online at www.holtynwellness.com

• Complete the online Health Survey.

• Meet with a Health coach or Primary care provider for a biometric screening appointment.
Upcoming Western Wellness Programs

**Blue Zones for Living Longer From People who’ve Lived the Longest Book Group**
- Tuesday, September 24, October 1 and 8 11:45 a.m.-12:15 p.m. Fetzer Center, Room 1030

**Mason Jar Overnight Oats**
- Tuesday, October 22 11:15-11:45 a.m. SRC, Room 3015

**Boost Your Energy and Fight Fatigue Lunch and Learn**
- Tuesday, November 12 11:45 a.m.-12:15 p.m. Sindecuse, Room 3131
Questions?

Contact Information:
Beth Northuis
Email: beth.northuis@wmich.edu
Office: (269) 387-3762