



CONCERN:EAP

Healthy & Resilient You

Fitting **EXERCISE** Into Your Workday



Big Benefits from Small Doses

Are you struggling to carve out an hour (or even 30 minutes) of time for exercise every day? If you're too tired, too busy, or just too overwhelmed to hit the gym 5 days a week, you're not alone. But contrary to popular belief, you don't need to workout for an hour straight to improve your health and increase your energy. Even short 5-15 minute bouts of exercise throughout the day can help you:

- ✔ Control your weight
- ✔ Combat illness and disease
- ✔ Improve your mood
- ✔ Boost your energy
- ✔ Improve your muscle strength
- ✔ Boost your endurance

Getting started is always the hardest step. Consider what benefits you want to gain from exercise and hold yourself accountable to do something everyday – however small – to improve your health. Big results come in small steps.

The “Move More” Mindset

Scheduling time to workout everyday is admirable, but we often “push back” our workout date as more urgent priorities get thrown our way. So instead of forcing (and eventually forgoing) a pre-dawn boot-camp or overzealous cross-training into your life, try starting each day with the simple goal of having a “move more” mindset.

Even if you only have a few minutes to commit to the goal, make the commitment. Here are some simple ways to “move more” during the day:

- Sit less and stand more
- Take the stairs in place of the elevator
- Walk to a coworker's desk instead of emailing them
- Stretch in your chair
- Squat to pick something up

Begin each day with a “move more” mindset and you will find ways to achieve your goal. Eventually, you'll find yourself wanting (and making) more time to move your way into the gym!



Resilience Tip: Remind yourself daily of “why” you want to exercise. It's easy to get off track if you don't remind yourself of the healthy benefits you want to achieve. You can put a note on your mirror, a picture of your goal, or even a mantra you say to yourself in the morning.



Whistle and Move While You Workout

After you walk out the door, keep your mind and body in motion. Start with your commute. Walk or bike to work if you can. If you ride the bus or the subway, get off a few blocks early and walk the rest of the way. If you drive to work, park farther away from the building entrance so you can log some extra steps.

Make the rest of your workday mobile:

- Hold “walking meetings”. It’s more fun to brainstorm during a long walk outside.
- If you have to make calls, use your cell phone and walk while you talk.

Keep the momentum going! Remember, every physical activity counts.



Resilient Tip: *Feeling like a pro? Consider trading in your desk chair for a firmly inflated fitness or stability ball, as long as you’re able to safely balance on the ball. You’ll improve your balance and tone your core muscles while sitting at your desk.*

The 10-Minute Workout

Take your “move more” mindset further by incorporating small workouts throughout the day.

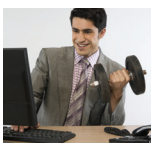
Try 10-minute mini-workouts. Three 10-minute bouts of physical activity accumulated throughout the day can have all the same benefits as one continuous 30-minute workout. Try taking 10-minutes in the morning, afternoon and evening to do some form of exercise.

For example:

- **10-minutes of exercises** such as push-ups, crunches or lunges in the morning
- **10-minute brisk walk** around the building or walk to get lunch
- **10-minutes of yoga-inspired stretching** in the evening



Resilient Tip: *Keep fitness gear and sneakers by your desk. Store resistance bands — stretchy cords or tubes that offer weight-like resistance when you pull on them — or small hand weights in a desk drawer or cabinet. Try a few arm curls between meetings or tasks.*



Sources:

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