



Feds Get Fit

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This is a guide for easy to do exercises you can do in and around the office to help improve your health.

Physical Inactivity

In 2006 80.0 million Americans suffered from a cardiovascular disease.

The year before there were 864.5 thousand deaths due to cardiovascular disease

Physical inactivity increases the relative risk of coronary heart disease at a rate comparative to high blood pressure and smoking.

Moderate exercise, such as walking, is associated with a substantial decrease in risk of stroke.

Data from the American Heart Association

Full statistics at <http://www.americanheart.org/presenter.jhtml?identifier=3037327>

Always consult your physician or health care provider before beginning any nutrition or exercise program.

Use of the programs, advice, and information contained in this publication is at the sole choice and risk of the user.

Office Exercise: How to burn calories at work

Mayo Clinic staff

<http://www.mayoclinic.com/health/office-exercise/SM00115>

If you're doing your best to set aside time for physical activity either before work or after work, good for you. But finding time to exercise can be a challenge for anyone who has a busy schedule. Why not work out while you're at work? Consider creative ways to make office exercise part of your routine.

1. Make the most of your commute

Walk or bike to work. If you ride the bus, get off a few blocks early and walk the rest of the way. If you drive to work, park at the far end of the parking lot.

2. Look for opportunities to stand

You'll burn more calories standing than sitting. Stand while talking on the phone. Better yet, try a standing desk — or improvise with a high table or counter. Eat lunch standing up. Trade instant messaging and phone calls for walks to other desks or offices.

3. Take fitness breaks

Rather than hanging out in the lounge with coffee or a snack, take a brisk walk or do some gentle stretching. Pull your chin toward your chest until you feel a stretch along the back of your neck, or slowly bring your shoulders up toward your ears.

4. Trade your office chair for a fitness ball

A firmly inflated fitness or stability ball can make a good chair. You'll improve your balance and tone your core muscles while sitting at your desk. You can even use the fitness ball for wall squats or other exercises during the day.

5. Keep fitness equipment in your work area

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. Do arm curls between meetings or tasks.

6. Get social

Organize a lunchtime walking group. You might be surrounded by people who are ready to lace up their walking shoes — and hold each other accountable for regular exercise. Enjoy the camaraderie, and offer encouragement to one another when the going gets tough.

7. Conduct meetings on the go

When it's practical, schedule walking meetings or brainstorming sessions. Do laps inside your building or, if the weather cooperates, take your walking meetings outdoors.

8. Pick up the pace

If your job involves walking, do it faster. Keep your chin up and your shoulders slightly back — and remember to breathe freely while you walk.

Quick Tip: Take the Stairs



Consider taking the stairs rather than the elevator, especially if you are only going up one floor.

A good rule of thumb is to walk down two flights of stairs and up one.

Follow the 4 Concepts From the President's HealthierUS Initiative

http://www.healthierfeds.opm.gov/four_pillars/index.asp

Physical Activity

Be physically active every day. Many chronic diseases can be prevented with modest exercise. Learn how to make regular physical activity a routine part of your life.

Nutrition

Eat a nutritious diet. Healthy eating is not a fad - it's a lifestyle. Avoiding excessive portions, increasing fruit and vegetable consumption, and good overall nutrition lower the risk of getting heart disease, stroke, cancer, and osteoporosis.

Prevention

Get preventive screenings. Screening can protect you and your family from illnesses you can prevent. A simple test like a cholesterol screen or a blood pressure check can reveal current health status and identify a need to adjust diet or behavior.

Healthy Choices

Avoid risky behaviors. Avoid tobacco and drugs as well as the abuse and underage use of alcohol and make smart and safe choices in your everyday life.

For additional information, please go to: http://www.healthierfeds.opm.gov/tools_resources/index.asp

For Additional Resources:

Centers for Disease Control Division of Nutrition, Physical Activity and Obesity

<http://www.cdc.gov/physicalactivity/index.html>

Feds Get Fit

<http://www.fedsgetfit.gov/>

OPM Employee Health Services Handbook (Establishing Employee Fitness Programs)

http://www1.opm.gov/employment_and_benefits/worklife/officialdocuments/handbooksguides/employeehandbook/chapter1/index.asp

Exercises for the Office (About.com) <http://exercise.about.com/library/of->

Make sure the chair you use is stable. If you have wheels, push it against a wall to make sure it won't roll away.

Stretches for Your Wrists and Arms

Wrist Stretch: Extend arm in front, palm up and grab the fingers with other hand. Gently pull the fingers towards you to stretch the forearm, holding for 20-30 seconds. Repeat on the other side.

Wrist & Forearm: Press hands together in front of chest, elbows bent and parallel to the floor. Gently bend wrists to the right and left for 10 reps.

Lower Back Stretch: Sit tall and place the left arm behind left hip. Gently twist to the left, using the right hand to deepen the stretch, holding for 20-30 seconds. Repeat on the other side.

Lower Body Exercises

Hip Flexion: Sit tall with the abs in and lift the left foot off the floor a few inches, knee bent. Hold for 2 seconds, lower and repeat for 16 reps. Repeat on the other side.

Leg Extension: Sit tall with the abs in and extend the left leg until it's level with hip, squeezing the quadriceps. Hold for 2 seconds, lower and repeat for 16 reps. Repeat on the other side.

Inner Thigh: Place towel, firm water bottle or an empty coffee cup between the knees as you sit up tall with the abs in. Squeeze the bottle or cup, release halfway and squeeze again, completing 16 reps of slow pulses.

Chair Exercises

Chair Squat: While sitting, lift up until your hips are just hovering over the chair, arms out for balance. Hold for 2-3 seconds, stand all the way up and repeat for 16 reps.

Dips: Make sure chair is stable and place hands next to hips. Move hips in front of chair and bend the elbows, lowering the body until the elbows are at 90 degrees. Push back up and repeat for 16 reps.

One-Leg Squat: Make sure the chair is stable and take one foot slightly in front of the other. Use the hands for leverage as you push up into a one-legged squat, hovering just over the chair and keeping the other leg on the floor for balance. Lower and repeat, only coming a few inches off the chair for 12 reps. Repeat on the other side.

Upper Body Exercises

Front Raise to Triceps Press: Sit tall with the abs in and hold a full water bottle in the left hand. Lift the bottle up to shoulder level, pause, and then continue lifting all the way up over the head. When the arm is next to the ear, bend the elbow, taking the water bottle behind you and contracting the triceps. Straighten the arm and lower down, repeating for 12 reps on each arm.

Bicep Curl: Hold water bottle in right hand and, with abs in and spine straight, curl bottle towards shoulder for 16 reps. Repeat other side.

Abdominal Exercises

Side Bends: Hold a water bottle with both hands and stretch it up over the head, arms straight. Gently bend towards the left as far as you can, contracting the abs. Come back to center and repeat to the right. Complete 10 reps (bending to the right and left is one rep).

Ab Twists: Hold the water bottle at chest level and, keeping the knees and hips forward, gently twist to the left as far as you comfortably can, feeling the abs contract. Twist back to center and move to the left for a total of 10 reps. Don't force it or you may end up with a back injury.



Resources from Federal Agency and Health Plans

Agency Resources

Healthier Feds - <http://www.healthierfeds.gov>

Fitness.Gov - <http://www.fitness.gov>

The President's Fitness Test - <http://www.adultfitnessstest.org>

Health & Human Services (HHS) - <http://www.hhs.gov/safety/index.html>

Centers for Disease Control & Prevention (CDC) -
<http://www.cdc.gov/HealthyLiving>

Federal Health Plan Resources

GEHA Fit Federal Families -
http://www.geha.com/wellness_center/fit_federal_families.html

Blue Cross & Blue Shield - Walking Works
<http://www.fepblue.org/healthwellness/walkingworks.html>

