



# Working Exercise Into Your Workday

Being healthy is about more than just eating the right foods. You have to exercise! Here are a few tips to add steps and movement to your daily routine.

- 1 Take the stairs.** If you don't feel up to making the trip to the fourth floor from the basement, start with one or two floors and build up your stamina. Before you know it, you'll be able to climb to the top without even breaking a sweat.
- 2 Park farther away** so that you get a short walk each time you need to go to and from your car. Better yet, if you work on the main hospital campus, park on the fourth floor of the parking garage and take the stairs. There are always open spaces on the top level!
- 3 Get outside and take a walk** over your break or for 10 minutes during lunchtime. If the weather is bad, find an unobtrusive route through the hospital. (Bonus: You may get to know people on other floors or in other offices who you would otherwise never meet.)
- 4 Have a meeting on the go.** If your group only has a few members, consider taking a walk while you meet and discuss.
- 5 Do simple exercises** over your breaks like toe raises, wall push-ups or squats.
- 6 Use a smaller cup** for coffee or water so that you will have to get up and refill it more frequently. (Bonus: If you make a conscious effort to get up and refill your water glass throughout the day, you'll probably drink more water and stay better hydrated!)
- 7 Stand up** each time you answer the phone or perform some other frequent office task. Standing will also help prevent you from becoming distracted by what's on your desk or computer screen while you are talking to a co-worker or patient.
- 8 Personally deliver messages** to your co-workers rather than calling or e-mailing them.
- 9 Stretch.** Whether you are stationed at a computer all day or are constantly on your feet, don't forget to stretch your muscles periodically. You will feel much more comfortable and relaxed if you take a few moments to stretch your neck, legs, arms and back.
- 10 Start and end your day with a walk.** A short walk in the morning can have the same waking effect as a cup of coffee, without the added caffeine, while at the end of the day, it can clear your head and transition your thoughts away from work to life at home.



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## What Can 30 Minutes of Exercise Do For You?

So you've set aside 30 minutes each day to exercise. Below are some ideas for activities you can do by yourself – or with a friend. Use the table below to figure out how you can maximize your workout. Please keep in mind that the calories listed by each activity are the averages for a 150 lb. person, but they will give you an idea of how intense each workout is compared to the others. If you would like to calculate your personal calorie burning rate, visit [www.healthstatus.com/calculate/cbc](http://www.healthstatus.com/calculate/cbc).



Activity	Calories Burned
Aerobic Dance ..... (Zumba, Hip-Hop, etc.)	202
Basketball (shooting hoops) .....	153
Bicycling (12-14 mph) .....	297
Kayaking .....	171
Elliptical Trainer .....	387
Gardening (pulling weeds/planting) .....	184
Golf (carrying your clubs) .....	207
Hiking.....	202
Jogging .....	238
Mowing the Lawn (push mower) .....	148
Playing Frisbee.....	103
Running (7 mph) .....	391
Running (10 mph) .....	612
Swimming .....	207
(continuous laps in a pool, moderate speed)	
Walking (3 mph) .....	148
Weight Lifting (general).....	117
Weight Lifting (circuit training).....	207