

Motivate Your Mind With Healthy Habits in the Workplace

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TIME TO GO TO WORK!

How many hours a week do you spend sitting?

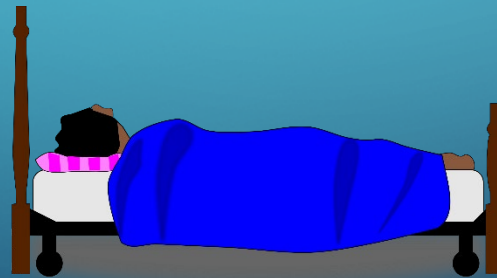


...A LOT!

- Americans sit an average of **13 hours**/day and sleep an average of 8 hours = **21 hours being sedentary!**
- Research shows we should be standing **THREE** minutes for every **ONE** we sit...
 - *In an eight-hour workday, that means we should stand SIX HOURS and sit for only TWO!*



13 hours



8 hours



Way too sedentary!

SITTING IS KILLING US!

A study published in the *American Journal of Epidemiology* followed 123,216 people for 10 years:

- Those who sat >6 hours a day were **71%** more likely to die during the time period studied than those who sat <3 hours a day!
- Findings were independent of physical activity levels (*negative effects of sitting were just as strong in people who exercised regularly!*)

I sit less than three hours a day!



I sit more than six hours a day...



INACTIVITY AND HEALTH

WHAT'S THE LINK?

Frequent inactivity for prolonged periods of time is associated with higher rates of:

- Being overweight and obese
- Type-2 diabetes
- Heart disease*
- Stroke*
- Cancer*

****Together account for over 50% of all deaths***

The more time sitting daily... the higher the risk!



IT'S ALL CONNECTED!



STAND UP!

- Standing more each day tones muscles, improves posture, increases blood flow, ramps up metabolism, and burns extra calories



MENTAL ENERGY

- Besides the physical benefits, moving around more often can:
 - Improve your mood
 - Increase mental energy
 - Reduce fatigue
- Studies have shown standing up and walking even just 5 min/hour combats lethargy without reducing focus and can even dull hunger pangs





CALORIES



The fat-burning enzyme **Lipoprotein Lipase** increases when muscles are activated

Studies show that keeping muscles engaged supports a fat-burning metabolic state that helps improve:



Cholesterol



Blood sugar



High blood pressure

Standing in place burns 30% more calories than sitting still!

MINDFUL MOVEMENT IN THE OFFICE

Experts recommend:

- Sitting no more than **20 minutes** at a time
- Standing still in one position for no more than **8 minutes** at a time



Move More!

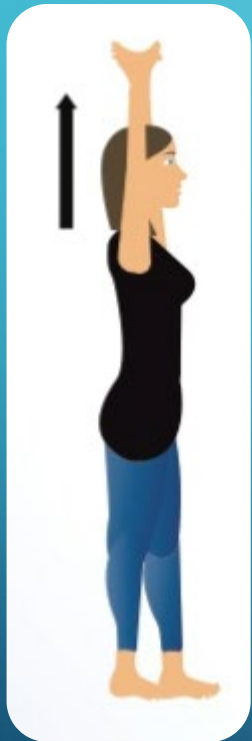
- ✓ On a conference call? Stand, move, stretch, squats, desk push-ups
- ✓ Take the stairs as often as you can
- ✓ Be creative on your feet and schedule walking meetings

OFFICE EXERCISES

- Consider getting an exercise mat, stretch band, light weights for the office
- Or just stretch! (no equipment required!)

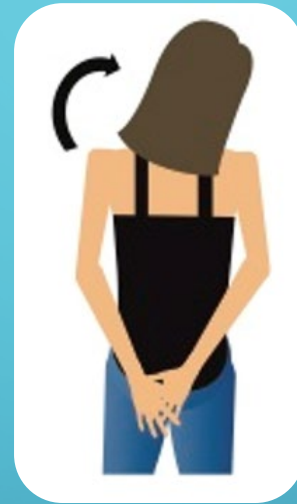


STRETCH YOUR MUSCLES



Straight Up

Fingers interlaced, pull arms over head with palms reaching up. Hold for 10-15 seconds.



Shoulder Neck Tilt

Arms behind back, grab wrist with opposite hand and pull while tilting head to the side. Reverse and repeat. Hold for 10-12 seconds per side.

Pump it Up

Arms above head, grab ahold of opposite elbows, lean side to side. Hold 8-10 seconds each side.



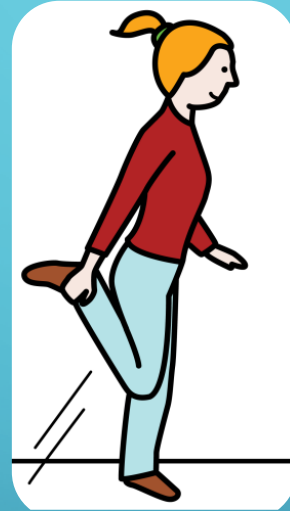
BE A WARRIOR

The Twist



Cross one leg over another, take opposite arm to knee, twist towards open side. Hold for 8-10 on each side.

Quad Stretch



Grasp your ankle and gently pull your heel up and back until you feel a stretch in the front of your thigh. Tighten your stomach muscles and keep your knees close together. Hold for about 30 seconds.

Switch legs and repeat.

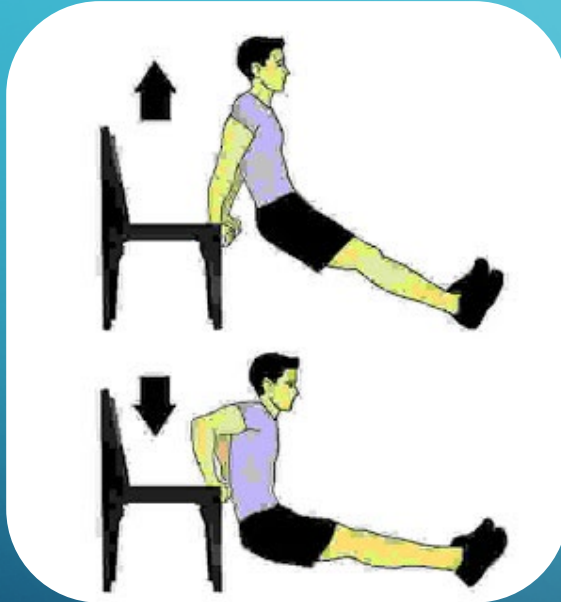
Warrior



Warrior II pose strengthens the shoulders, arms, feet, ankles and legs, and stretches the ankles, legs, groins, chest and shoulders.

FLEX YOUR MUSCLES

Desk Triceps Dip

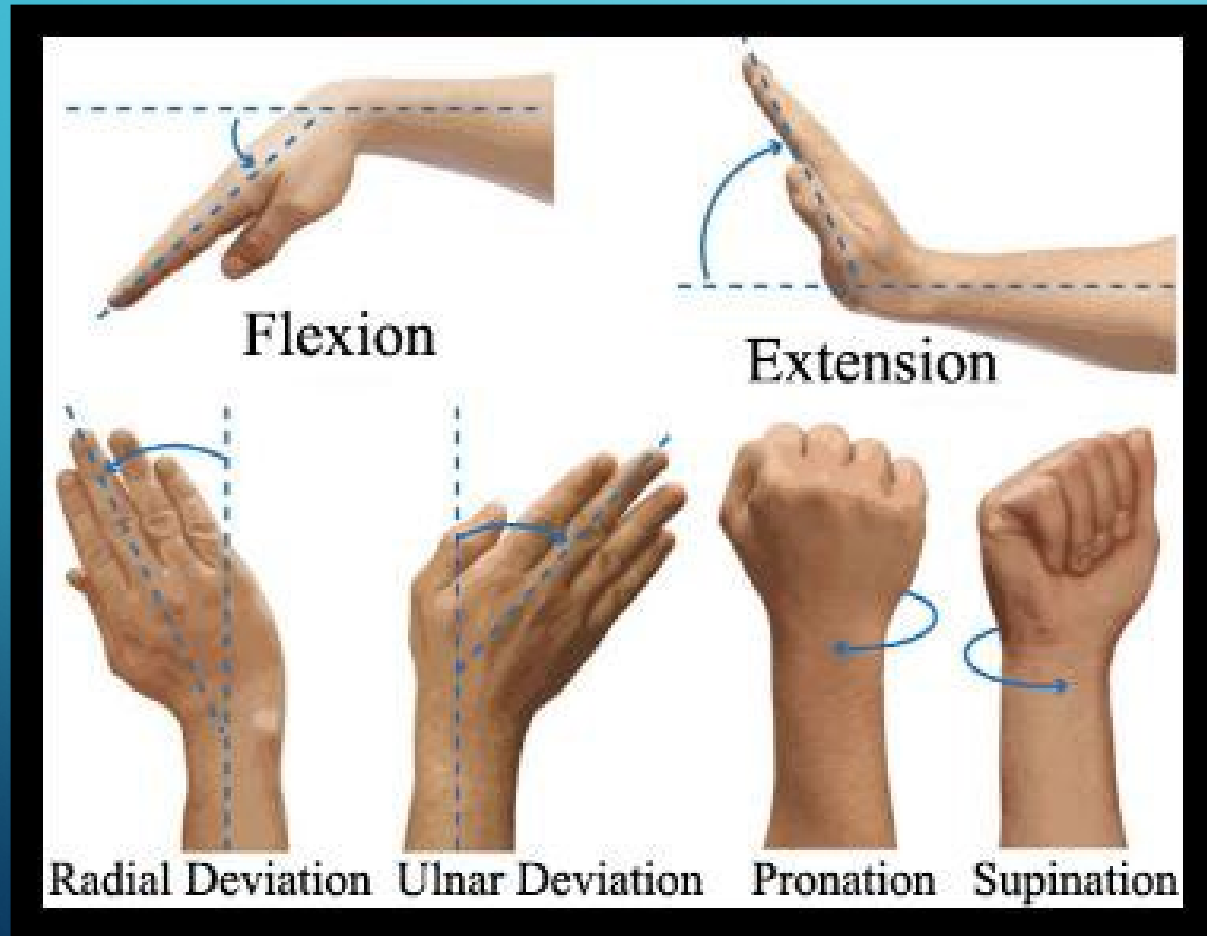


Desk Pushups

Wall Squat



GIVE YOURSELF A HAND



GET ON THE BALL

Alternate sitting in a chair with sitting on a stability ball

- Activates core muscles
- Encourages movement
- Encourages productivity



Schedule reminders!



**Stand up and walk
around hourly**



KEEP CALM AND PEDAL ON

Under desk pedal exercisers can help:

- **Reduce stiffness/soreness**
 - In legs and lower back, improving blood circulation
- **Improve focus**
 - Pedaling while working can improve focus, alertness, and concentration

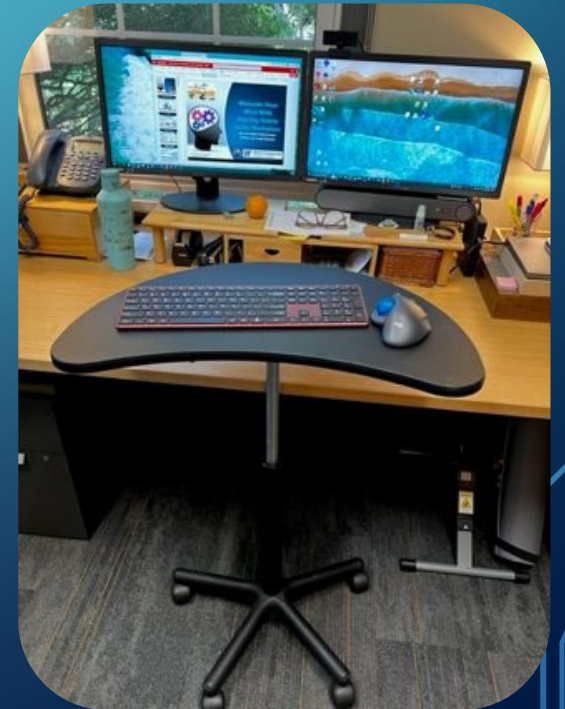
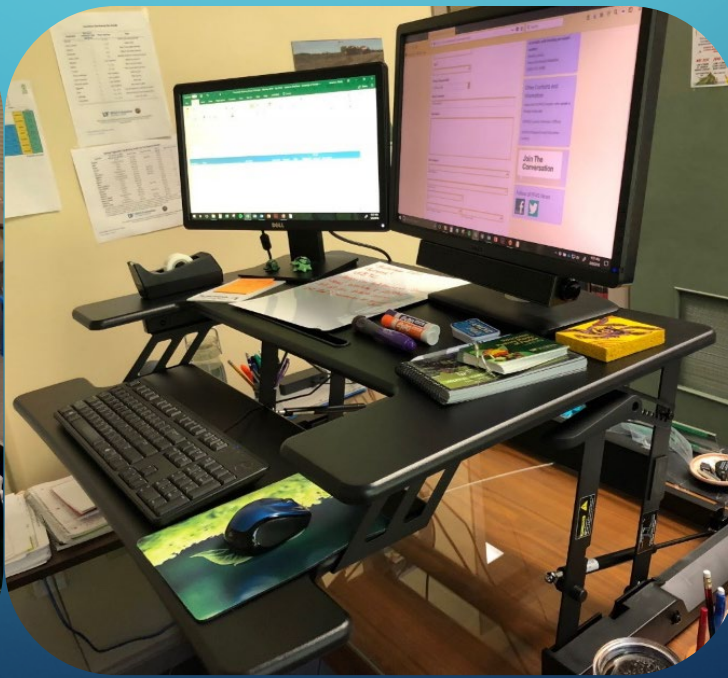
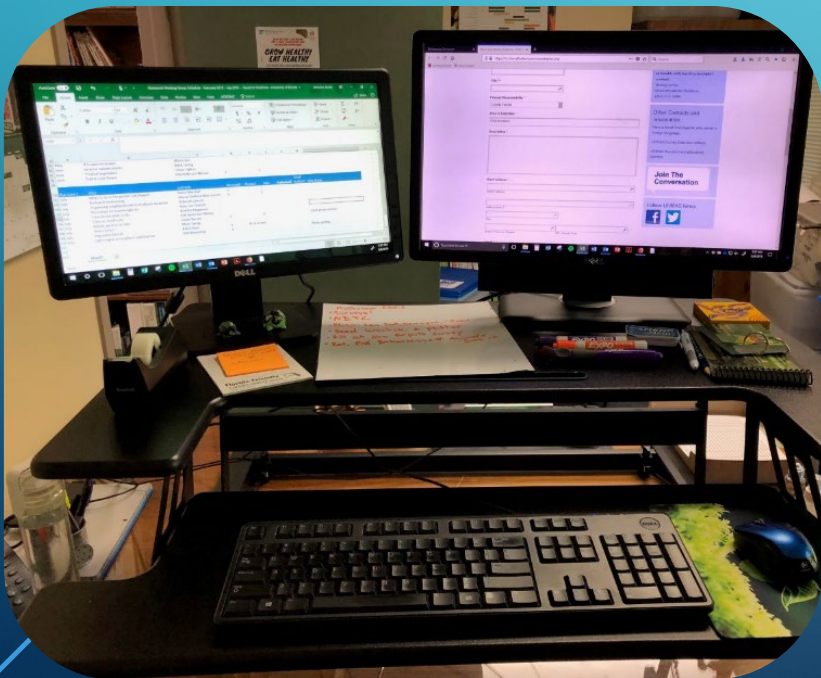
Most come with adjustable resistance levels, allowing you to customize your workout



TAKE A STAND

Stand-up desks and stand-up desk converters

- 67% of US office workers wished their employers offered them desks that could be adjusted so they could work seated or standing...
- Converters allow you to keep your existing desk and most are adjustable



TERRAIN YOUR BODY

Standing mats, especially those with terrain features, help:

- **Reduce fatigue**
 - Standing for extended periods can cause fatigue and discomfort, but a mat can provide cushioning and support for the feet, legs, and back
- **Increase circulation**
 - Encourages you to shift your weight and move your feet

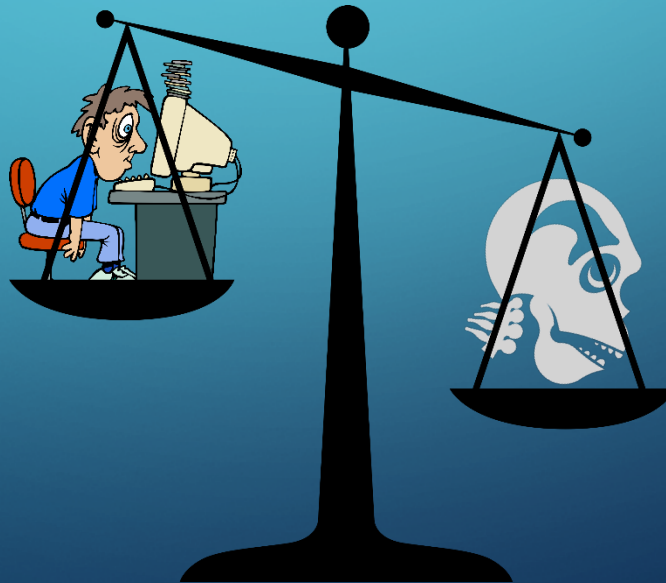


DO YOU HAVE “TECH NECK”?

- The human head weighs 8-10 lbs.
- When slouching, your head tilts forward & down, gravity increases the weight...

Tilting your head 30°=

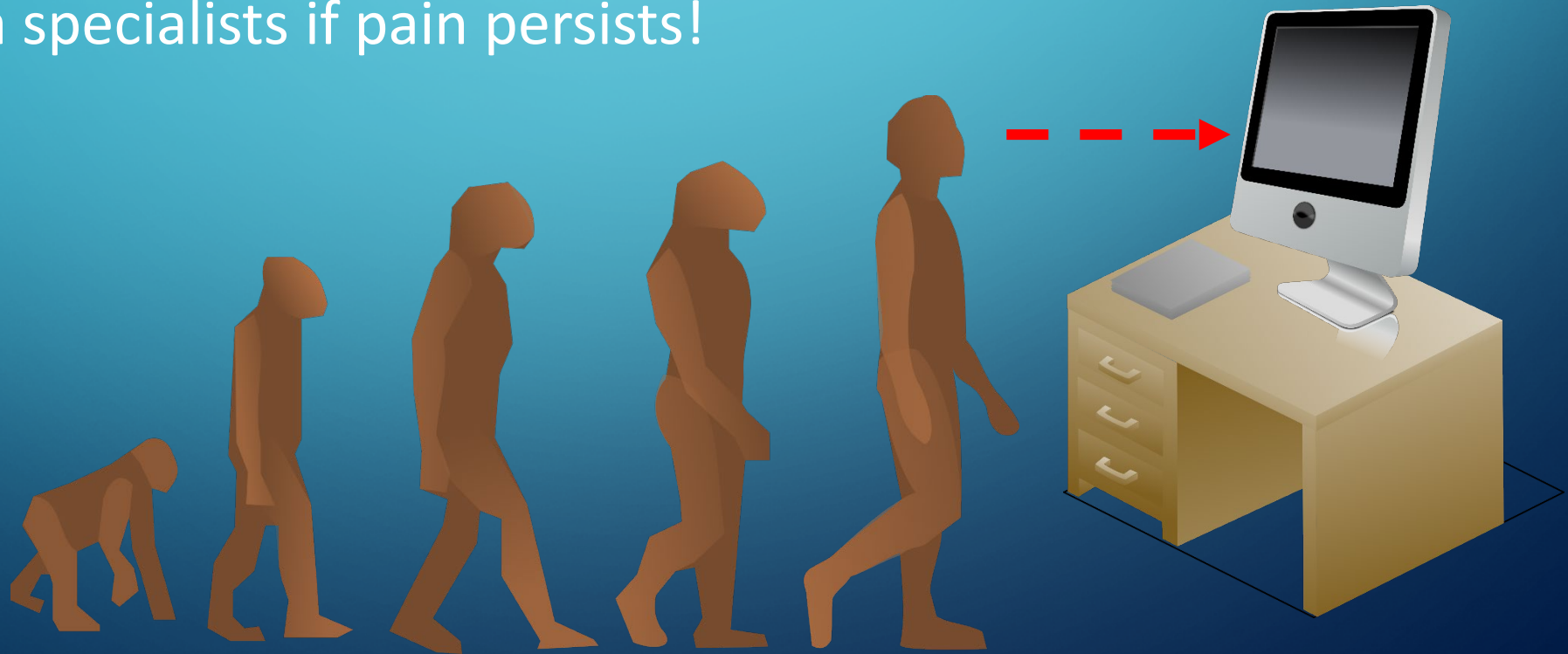
- Over time, this strain can lead to chronic pain, headaches, arthritis, pinched nerve, bone spurs, disc degeneration, etc.



**40 lb strain on
your neck and
upper spine!**

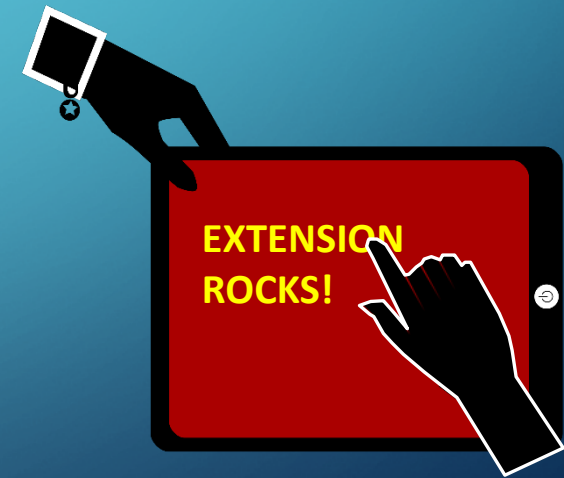
STRAIGHTEN UP!

- Straighten up your posture!
- Move your computer screen so it is level with your line of sight
- See a specialist if pain persists!

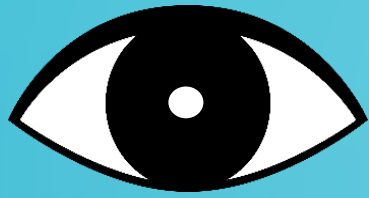


“GAMER'S THUMB”

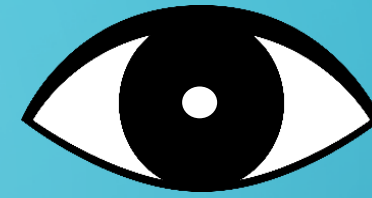
- Thumb, hand, and wrist pain from repetitive stress injury caused by too much **gripping, tapping, swiping, typing**
 - #1 most searched technology related injury!



- Rely less on texting and give your thumb a rest
- Switch between your left and right hands and be mindful of your texting posture



“EMAIL EYE”



- According to The Vision Council, an eye care advocacy group, >60% Americans report symptoms associated with digital eye strain: 20% eye-related headaches, 23% dry eyes, 22% blurred vision

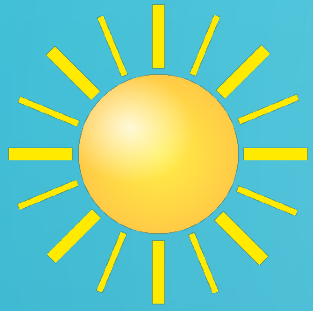
The American Optometric Association suggests:

20/20/20 TO PREVENT DIGITAL EYE STRAIN

The infographic illustrates the 20/20/20 rule for preventing digital eye strain. It features three circular icons connected by a dashed line. The first icon shows a laptop with a callout bubble that says 'TAKE A 20 SECOND BREAK'. The second icon shows a clock face with a callout bubble that says 'EVERY 20 MINUTES'. The third icon shows a profile of a human head with a callout bubble that says 'LOOK AT SOMETHING 20 FEET AWAY'.

SCHEDULE BREAKS

Get Outside!



Replace that afternoon
coffee with an energizing
walk or stretch

*Bike ride with co-workers
(or solo/with family if
working remote)*

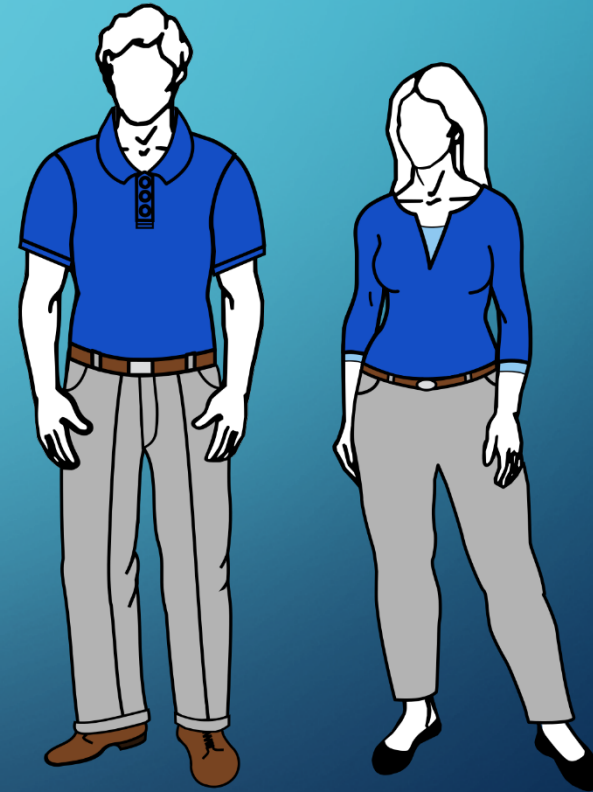


*Lunchtime
stroll*

DRESS FOR SUCCESS

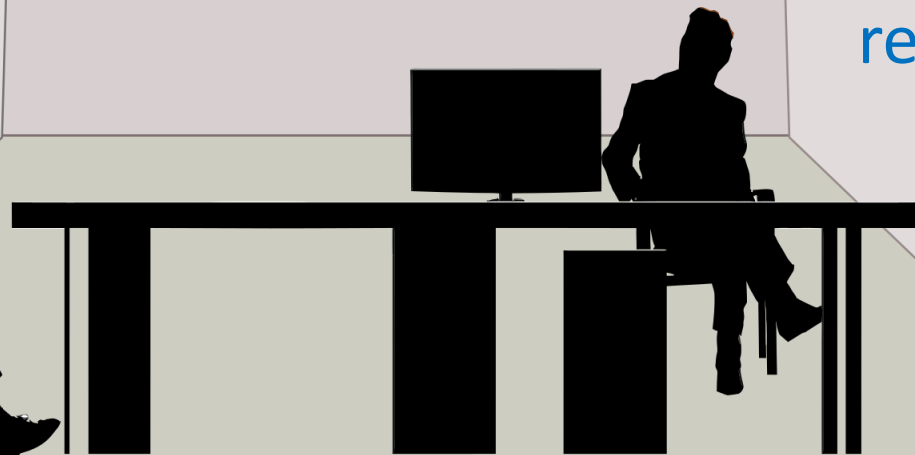
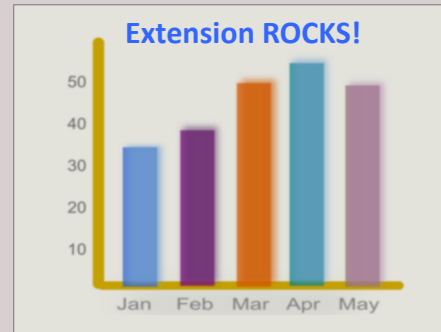
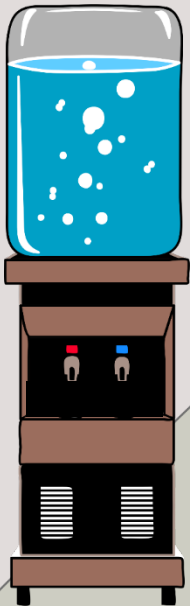
Work clothes don't have to be
stuffy to be stylish!

- ✓ Comfortable and non-restrictive
- ✓ Shirts and pants with some stretch
- ✓ Shoes that are willing to be walked in



INCREASE YOUR WATER INTAKE

- **8x8 Rule:** Drink eight 8-oz glasses water a day
- Invest in a **reusable water container** for your office



- Drinking water throughout the day will mean standing up regularly for refills...



...AND MORE STANDING TO GO TO THE BATHROOM!



CHANGE OFFICE CULTURE

- Build a culture of health with workplace wellness activities
- A support system at work can help encourage healthy behaviors
 - Take an active role with Extension! Office garden bed, watering, harvesting, garden walks

Stay on track with an exercise buddy.



Take a walk during lunch
with a coworker.

Go4Life

Everyday Fitness Ideas from the National Institute on Aging at NIH
www.nia.nih.gov/Go4Life



DOES THIS LOOK FAMILIAR?



ONLY
20%

of American workers report leaving their desk for lunch on a daily basis.

THE SAD DESK LUNCH IS BAD FOR YOU

People often eat more calories at their desk than if they dine out



They also snack more throughout the day if they stay at their desks



The average office worker has 476 calories worth of unhealthy snacks at their desk



WHY LEAVE YOUR DESK FOR LUNCH?



Improves your mood.



Facilitates productivity.



Increases your energy level.



Natural daylight reduces stress and defeats depression.



A change in scenery boosts creativity.



Staying put is bad for your digestion.



Reduces mindless eating and controls weight gain.



Improves circulation and joint health.



Interaction with co-workers.



Physical Activity

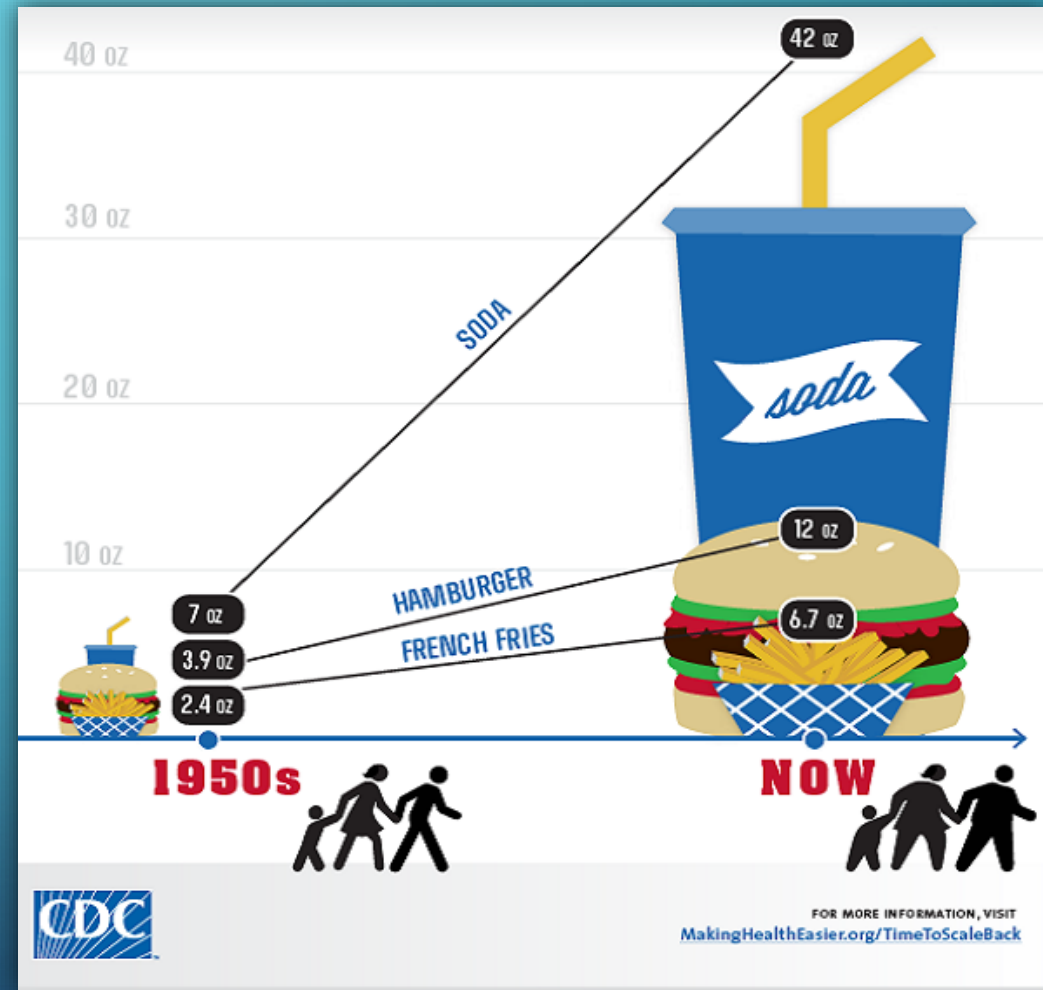




BIGGER ISN'T BETTER

Eat lunch out with caution!

- ✓ Have a plan
- ✓ Read nutrition information
- ✓ Choose wisely
- ✓ Make substitutions
- ✓ Control portion size
 - ✓ Go small
 - ✓ Sharing is caring
 - ✓ Take half for next days' lunch
- ✓ Eat slowly
- ✓ Take a walk



THINK INSIDE THE (LUNCH) BOX



PLANNING AHEAD IS KEY

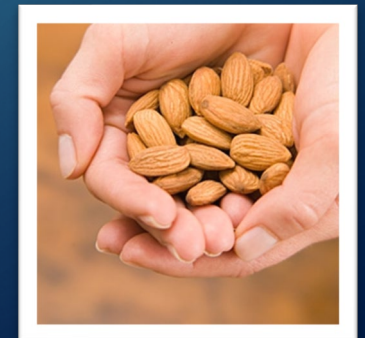
- ✓ **Take time to plan nutritious meals for the week!**
 - Plan for leftovers to be used later in the week
 - Incorporate fruits and vegetables into each meal
- ✓ **Pack healthy snacks to take on the go!**
 - Chop fruits and vegetables for easy snacking later in the week
 - Portion out snacks into individual servings



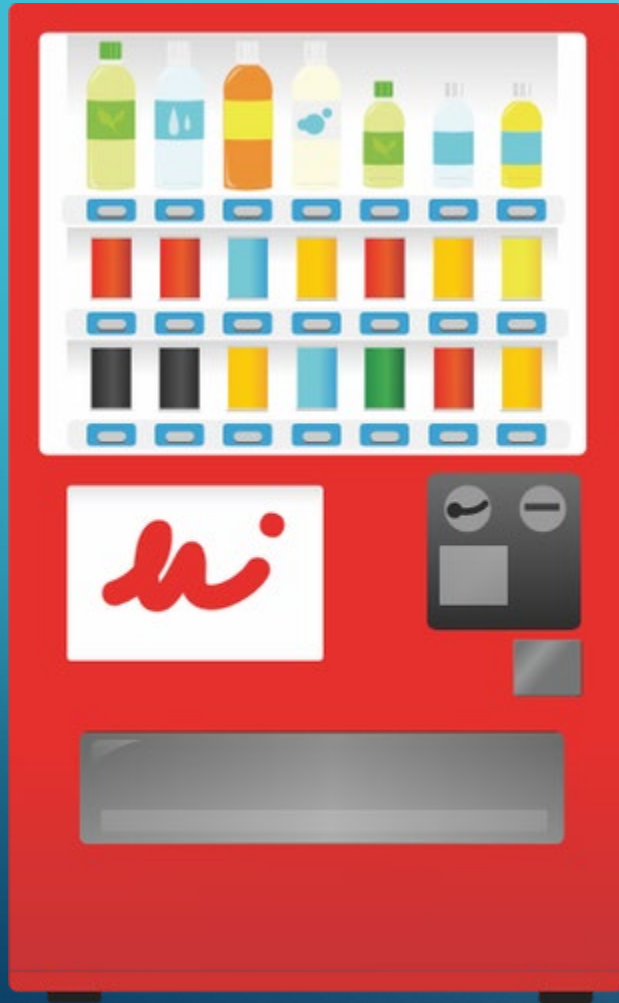
SNACK ATTACK



- Hummus and whole grain crackers
- Nuts and seeds
- Low-fat cheese stick
- Fresh fruit
- Low sugar yogurt



SNACK ATTACK



- Pretzels
- Almonds
- Trail mix
- Animal crackers
- Dried fruit
- Fat-free or reduced-fat popcorn
- Whole-grain crackers with peanut butter or cheese



APPS/ACTIVITY TRACKERS CAN HELP



Activity trackers and apps that allow you to set goals and track exercise and food intake can be effective if you stick with it

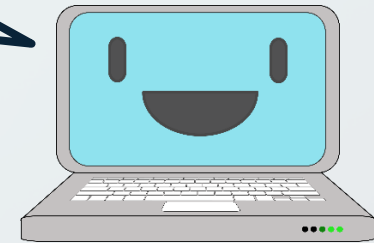
BE MINDFUL

- Be mindful of how you feel and how much inactivity you've had throughout the day
- Try to make at least one or two healthy workplace changes
- Discuss workplace wellness with your co-workers and boss



THANK YOU!

Questions?



Resources:

- American Journal of Epidemiology
- International Journal of Behavioral Nutrition and Physical Activity
- JustStand.org (<https://www.juststand.org>)
- Tri-City Medical Center (www.tricitymed.org)
- Centers for Disease Control and Prevention (<https://www.cdc.gov/>)
- American Optometric Association (<https://www.aoa.org/>)



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