

# START. LIVING. HEALTHY.™ in the Workplace

Being moderately physically active for 30 minutes every day is a good way to *start living healthy*. This level of activity can help reduce your risk for chronic diseases such as heart disease, stroke, cancer and diabetes. Remember, you don't have to jam all 30 minutes in at once – 10 minutes here and there can add up to major health benefits. So, get your muscles moving and your heart pumping and *start living healthy*.

Try these physical activities to help relieve stress and make you happier and healthier.



## Squats

*A great workout for your glutes (backside) and quadriceps (upper leg), while benefiting your abs and hamstrings.*

Sit up close to the edge of the chair. Stand up using your legs. Sit back down. Repeat 8 to 10 times, twice a day.



## Triceps

*Get rid of those jiggy underarms by working your triceps. Your biceps and abs will also benefit.*

Place your hands comfortably against a desk, shoulder width apart, and with your feet 3 – 5 feet away. Lower your arms. Repeat 8 to 10 times, twice a day.



## Push Ups

Ease the feeling tightness in your shoulders, back and chest with this exercise. Place hands comfortably against the desk with your feet 3 – 5 feet away. Lower your arms. Repeat 8 to 10 times, twice a day.

Stretch your quadriceps (upper leg) while doing everyday tasks. Hold on to the copy machine, raise one leg and place ankle in hand. Hold for 20 – 30 seconds. Switch legs. Repeat twice a day.

## Copy Machine Quads



## Head Tilt

Does the stress of the day affect your trapezius (shoulders, neck)? Try placing one hand on the opposite side of your head. Gently lower your ear towards the shoulder. Hold for 20 - 30 seconds. Repeat on the opposite side.



## Head Between Arms

Work your rhomboids (back) by interlacing your fingers, palms facing you. Sit up straight. Extend arms away from the body and lower your head between arms. Hold for 20 - 30 seconds.





**Small sustainable changes in eating healthy and being more active can add up to big health benefits.**

**Here are some ways you can start living healthy in the workplace.  
What small changes can you commit to make today?**

### **5 Ways to Get Active in the Workplace**

- 1. Take the stairs.
- 2. Take power breaks during long meetings. Take turns leading the group in stretches and exercises, or go as a group for a short walk to get the blood pumping and revitalize meeting members.
- 3. Instead of sitting during meetings, schedule “walk and talks.” Best for small meetings with a lot of discussion.
- 4. Take a 10 minute walk around the block during your breaks.
- 5. “Run” your errands.

### **5 Ways to Eat Healthy in the Workplace**

- 1. For your next special event, plan to make a community salad. Ask your co-workers to bring their favorite salad item, cut into bite sized pieces. Toss together in large salad bowl. Offer a tasty salad dressing on the side. It comes out ONO every time!
- 2. Ask for healthier options in your vending machines.
- 3. Limit snacks that have little nutritional value. Opt for tasty snacks that are healthier.
- 4. Offer healthy food options at your next conference, meeting or potluck.
- 5. Start a healthy recipe exchange.

**For more ways to start living healthy visit [www.healthyhawaii.com](http://www.healthyhawaii.com).**