

Working or Studying at Home? Tips for Staying Fit During the Pandemic

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AMAZING
THINGS
ARE
HAPPENING
HERE

Are you working from home? You are not alone!

❖ How many people are now home?

- 42% of the U.S. labor force is now working from home.
- 33% not working and at home.
- 25% working, mostly essential workers.

❖ Survey: Since you have been home, what have you been doing more of?

- 71% Watching TV
- 56% Cooking
- 45% Using social media
- 43% Eating

EXERCISING? 😞

Where are you spending your day? Computer Desk:



What is the best desk chair?



Proper Desk and Computer Posture



- Monitor 18-24" away (arms length).
- Eyes level with top of monitor. Consider monitor stand.
- Shoulders relaxed.
- Elbows bent to 90 degrees and close to your body.
- Wrists neutral and on desk 4-6 inches.
- Back support.
- Thighs horizontal to the floor.
- Knees bent to 90 degrees.
- Feet flat on floor. Consider footrest. Don't cross your legs.
- Keep key objects close by. Consider headset, don't cradle phone on ear/shoulder.
- Avoid screen glare.

Why should I get up?

- “Moderate sitting” considered 4-8 hours/day can increase risk of
 - Diabetes
 - Heart Disease
 - Cerebral Vascular Accident (Stroke)
 - Deep Vein Thrombosis (DVT) → Pulmonary Embolus (PE)
 - Hypertension
 - High Cholesterol
 - Obesity
- » Can all lead to....early death!

How often should I get up?

- CDC recommends **30 minutes** of moderate intensity exercise 5x/week (jogging/biking).
 - Getting up from your computer does not count, but it will give you more energy to exercise later!
 - Much variability/research about frequency of standing computer breaks.
 - One fact agreed upon: frequent short breaks are better than one long break.
 - 20-8-2 guideline: Sit for 20 minutes of every 30, stand for 8 minutes, and move for 2 minutes.
 - » There may be times where you have to spend a whole half hour working on a document.



Tips To Try To Stick With 20-8-2

- **Alarm on computer or phone for reminders.**
- **Wearable devices like FitBit, FuelBand.**
- **Stand up to reach objects you need frequently.**
 - » **Set up your printer in a different room!**
- **Use ear piece and suggest walking meetings.**
- **Drink water.**
- **Don't eat lunch at your desk.**
- **Get a partner and get competitive!**
- **Is the work day over? Stay away from your computer!**
 - » **30 minutes before bed.**

Standing Desks

- **Standing desks allow for easier 20-8-2.**



Where else do you work or study?



Avoid the “COUCH SLOUCH”



- Avoid soft couch cushions, opt for firmer couches.
 - Use harder chair cushions or folded blankets for better support.
- Avoid crossing legs.
 - Circulation.
- If you recline, lay on your side with multiple pillows. Switch sides frequently.

Exercise and Mental Health

- According to the University of Minnesota, COVID-19 has TRIPLED the rate of anxiety and depression in the United States since June 2020.
 - Isolation, bereavement, fear all related.
- There are studies that prove that exercise is just as effective, if not more effective than the use of antidepressant medications.
 - Exercise releases **endorphins**, the body's natural antidepressant!
 - Exercise increases **serotonin** which lifts mood.
 - Exercise increases blood flow to the brain.
 - Exercise decreases boredom.



Home Based Stretching and Exercises

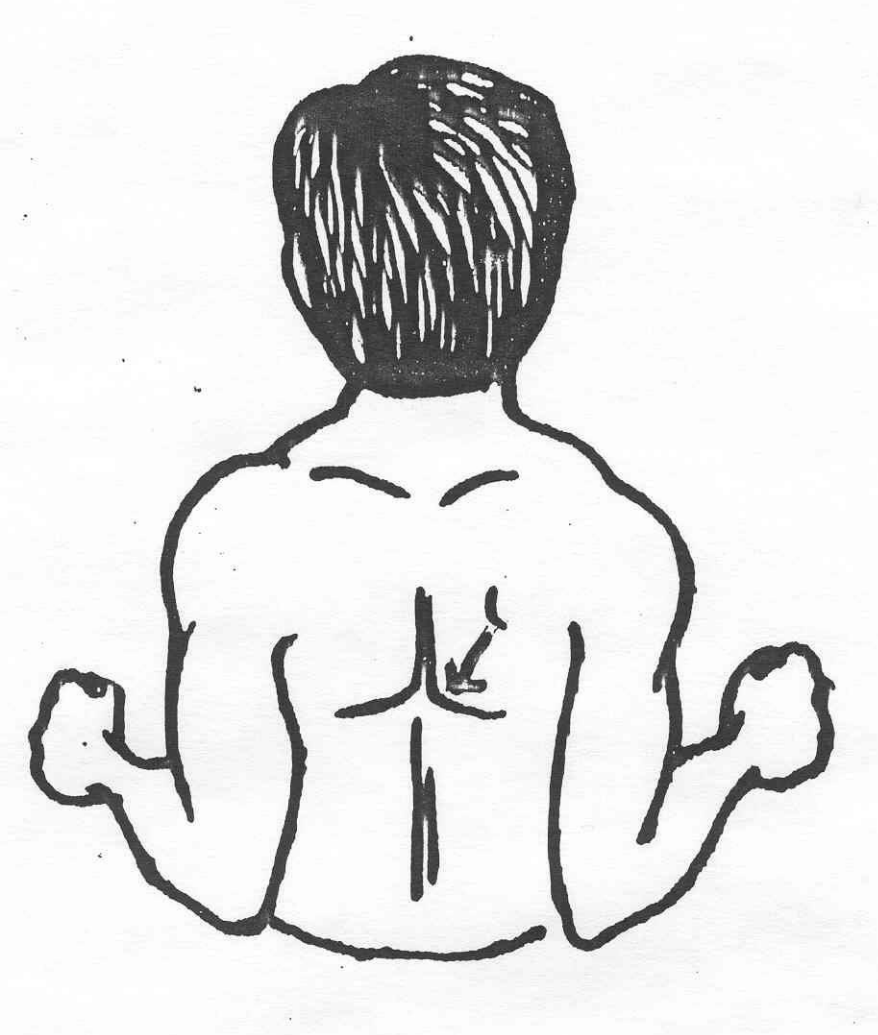
DISCLAIMER AND TIPS:

- Always consult your doctor or a health care professional before initiating any exercise program.
- Be sure to maintain a balanced diet and drink plenty of fluids throughout the day to maximize muscle fiber recruitment and muscle flexibility/extensibility.
- Never exercise if you experience pain during an activity. Listen to your body. If something hurts, stop.
- Never hold your breath during exercises. A good way to prevent this is to count out loud while performing your routine.

copies of these exercises are available upon request

Posture Exercises

- Posture Exercises:
 - **Shoulder retraction:**
 - Sit or stand with your shoulders down and a neutral head. Bend your elbows to a 90 degree angle and keep your inner elbows at your sides. Move your forearms backwards parallel to the floor and squeeze your shoulder blades together. Hold for 3 seconds. Be sure not to hike your shoulder up to your ears while performing exercise. Return to starting position and repeat 10 repetitions, 3 sets.
 - Helps strengthen back muscles to correct posture.



Posture Exercises

- Posture Exercises:

- **Chin Tuck:**

- Sit or stand with your shoulders down and a neutral head. Look straight, place 2 fingers on your chin and slightly tuck your chin and attempt to bring your head back without tilting it up or down. Hold 3 seconds. Return to starting position and repeat 10 repetitions, 3 sets.
 - Helps with forward head posture and headaches.

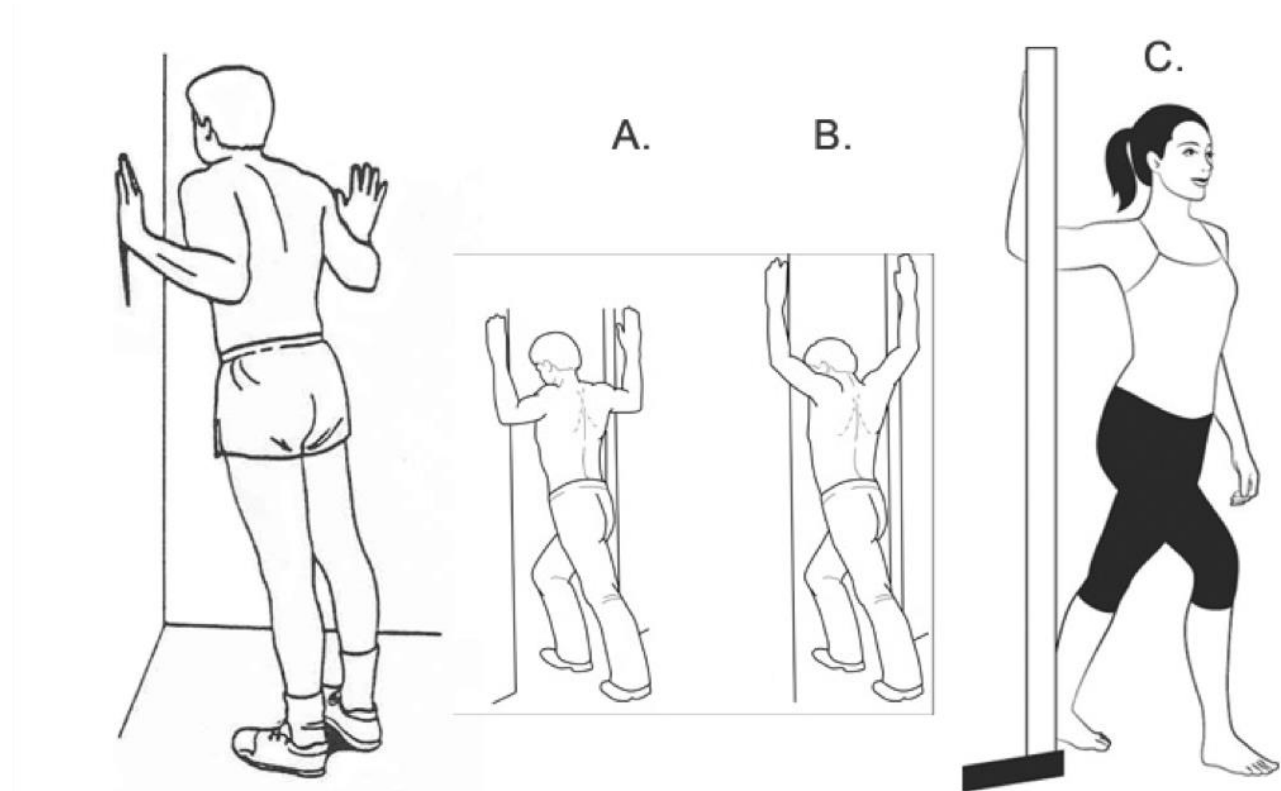


Posture Stretch

- Posture Exercises:

- **Doorway Stretch:**

- Stand in a doorway with a staggered stance (one foot in front). Lift your upper arm so it is parallel to the floor and bend your elbows to 90 degrees. Slowly lean into the doorway allowing you to feel a stretch in your chest muscles. Hold 20-30 seconds. Repeat 3 times.
- Helps to lengthen tight chest muscles that become shortened with prolonged sitting.



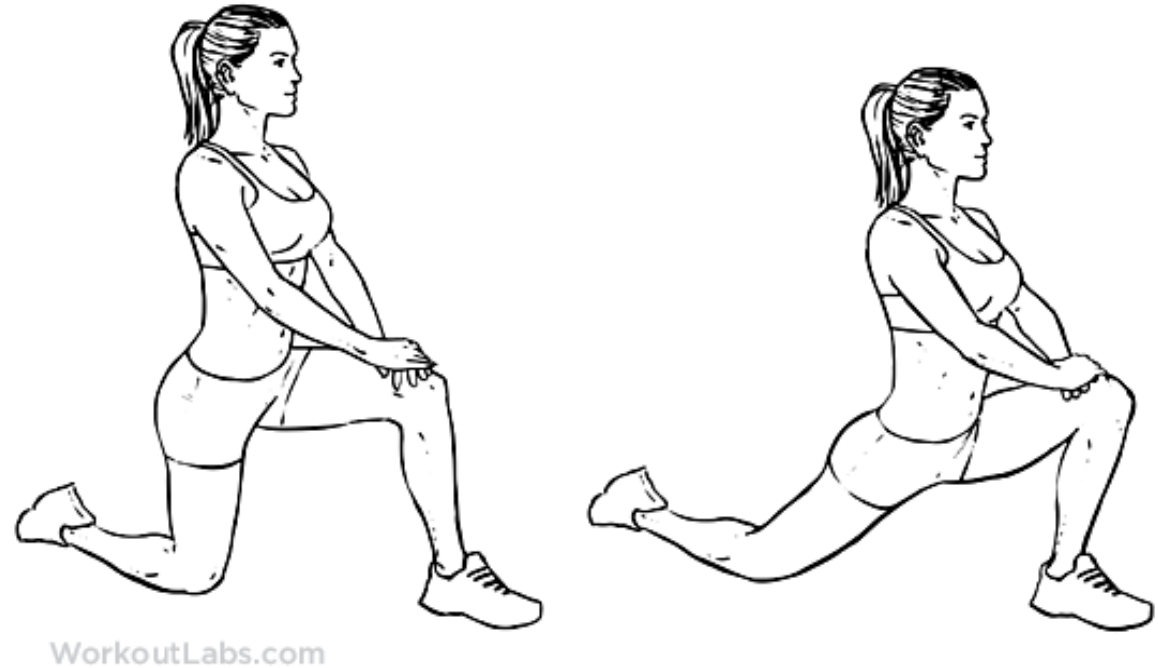
Posture Stretch

- Posture Exercises:
 - **Upper Trap Stretch:**
 - Sit or stand with your shoulders relaxed and down. Reach over your head with your right hand and grasp your left temple. Slowly bring your right ear to your right shoulder until you feel a stretch in your left upper trap muscle. Repeat with other side. Hold 30 seconds. Repeat 3 times each side.
 - Helps to stretch tight shoulder muscles and alleviate stress filled soft tissue.



Posture Stretch

- Posture Exercises:
 - **Kneeling Hip Flexor Stretch:**
 - Kneel with your left knee on the floor and your right knee at a 90 degree angle in front of you. Put your hands on your right knee and keep your back straight. Gently lean forward into your right hip as you feel your left hip flexors stretch. Repeat with other side. Hold 30 seconds. Repeat 3 times each side.
 - Helps to stretch tight hip flexor muscles associated with prolonged sitting.



Home Based Simple Exercises

- Lower Extremity Strengthening:

- **Squats:**

- Place your feet hip distance apart and bend your knees as much as feels comfortable, as if you are going to sit on a chair. Do not bend your knees more than 90 degrees and keep your heels on the ground. Hold 1-2 seconds and return upright. Repeat 10 repetitions, 3 sets.
- Can also be performed against the wall for better balance.
- Target muscles: Glutes, quads, hamstrings.



Home Based Simple Exercises

- Lower Extremity Strengthening:

- **Lunge:**

- Stand tall with feet together. Step forward with one foot until your leg reaches a 90 degree angle. Push back to upright with your front lunging leg. Hold 1-2 seconds and return upright. Repeat 10 repetitions, 3 sets. Alternate legs between sets.
- Targeted muscles: Glutes and quads.

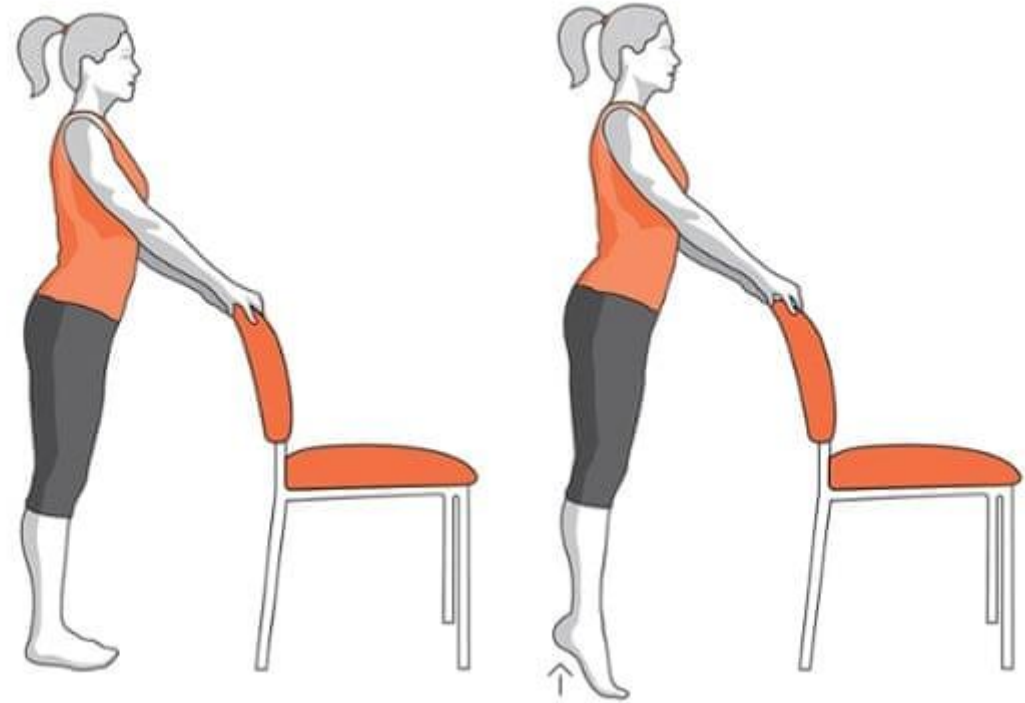


Home Based Simple Exercises

- Lower Extremity Strengthening:

- **Calf Raises:**

- Stand with your hands on a countertop or chair for balance. Rise up onto the balls of your feet so you are on your tip-toes. Slowly return down so your heels are flat again. Hold 1-2 seconds. Repeat 10 repetitions, 3 sets.
- Targeted muscles: Gastroc/soleus complex.



Home Based Simple Exercises

- Upper Extremity Strengthening:

- **Wall Push-ups:**

- Stand 12-18” away from the wall. Place your palms on the wall shoulder width apart. Bend your elbows and begin to lean your body toward the wall. Make sure your back stays straight and your hips don’t sag. Slowly push back to the starting position.
- Targeted muscles: Pecs, triceps, deltoids.



Home Based Simple Exercises

- Abdominal Strengthening:

- **Crunches:**

- Lie on your back with your knees bent and feet flat on the floor. Place your hands either behind your head, across your chest, or on your thighs. Slowly curl up towards your knees until your shoulder blades come just off the floor. Hold for 1-2 seconds and then lower slowly.
- Can bring elbow to opposite knee for lateral abdominal activation.
- Targeted muscles: Rectus abdominus, obliques.



Home Based Simple Exercises

- Abdominal Strengthening:

- **Planks:**

- Place your forearms on the floor with elbows aligned below your shoulders. Keep your toes on the floor and squeeze your glutes and abdominal muscles to stabilize your body. Make sure your head is in line with your neck. Start with a 10 second hold, and increase daily. Be sure your form is not compromised and your lower spine does not “sag” into the floor.

- Targeted muscles: Rectus abdominus, transverse abdominus.



Shoes

- Our feet were designed to walk on earth, which is softer and much more forgiving than the usual surfaces we have in our homes: Hardwood, tile, and even carpet.
- If you are at home all day, it is recommended you get a pair of indoor shoes. Your feet will be much more supported when you are walking around and doing home exercises.
- Wearing shoes inside also decreases your risk of slipping and falling.
- For sanitary purposes, don't wear the same shoes inside that you wear outside.
- What are the best shoes?



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Thank You

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Questions?