FIT IN FITNESS

ACTIVITIES AND TIPS

TAKE A MOVEMENT BREAK EVERY HOUR OF THE DAY

Sitting less and moving more can help improve mental well-being, avoid muscle tightness, and decrease health risks.

- Set a reminder every hour and take a short walk down the hall or up and down the stairs.
- Use a bathroom or water fountain on a different floor or area of the building.
- Pace around the room while talking on the phone, watching a webinar, etc.
- Energize with some jumping jacks, dancing, or body weight exercises (squats, crunches, wall pushups).
- Keep a water bottle with you, so you have to take regular bathroom breaks and fill up your water bottle.
- Try some seated movement like leg lifts, arm circles, marching in place, toe touches or any movement that is comfortable/acceptable for the space you’re in.

SUBSTITUTE AN ACTIVE BEHAVIOR FOR A SEDENTARY ONE

Fitting activity into everyday activities makes it easier to find time.

- Take the stairs instead of the elevator.
- Walk, roll, bike or ambulate someplace that you would usually drive, bus, or use other transportation.
- Schedule a meeting that requires moving to get to it (on a different floor or in an office further away).
- Take a movement break during a meeting – stand, stretch, march your legs, swing your arms, etc.
- Move your body while watching a show; try yoga, knee lifts, crunches, squats, lunges, planks, etc.
- Play with a pet outside (instead of just letting them out) – take a walk or throw a ball/stick/toy for them.

DO A PHYSICAL ACTIVITY WITH A SMALL GROUP OR PARTNER

Exercising with others has been shown to enhance consistency, duration, motivation, and most importantly, enjoyment.

- Try out group fitness classes, group personal training, or specialty programs through Rec Services to cater to your fitness interests and needs: [https://recserv.uiowa.edu/fitness](https://recserv.uiowa.edu/fitness)
- Consider hiring a Rec Services group exercise instructor to provide a fun activity for your organization or group: [https://recserv.uiowa.edu/programs/fitness/group-exercise/hire-instructor](https://recserv.uiowa.edu/programs/fitness/group-exercise/hire-instructor)
- Recruit a workout buddy or gather a group for a walk, hike, bike ride, outdoor yoga, or any other activity you all enjoy.

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TRY A NEW PHYSICAL ACTIVITY

While regular exercise is great for you, it’s important to vary your fitness routine to prevent boredom and overuse injuries, keep your brain healthy, and so much more!

- Check out Rec Services for classes, outdoor programs and rental equipment, aquatic activities, personal training and more: https://recserv.uiowa.edu/.
- Try a new piece of equipment like a BOSU or medicine balls, resistance bands, or cardio equipment.
- If able, try actively commuting to campus by biking or walking.
- Use an app to do a new workout, some we like: Nike Training Club, SWORKIT, Seven, Workout Trainer

SPEND AT LEAST 30 MINUTES DOING MOVEMENT YOU ENJOY

Finding exercise you enjoy helps motivate you to do it more regularly. Try some of these activities and see if you like them:

- Yoga
- Dancing
- Zumba
- Rock climbing
- Walking or hiking in area parks and trails
- Jump rope, hula hoop or other “kids” activities
- Martial arts

Keep in mind we all enjoy different activities. Find the ones that are the right fit for you and fit them in regularly! If you like what you currently do, no need to change it. Just keep doing it!

More ideas: https://www.webmd.com/fitness-exercise/features/the-unworkout-7-ways-get-fit-have-fun#1

STRETCH FOR AT LEAST 10 MINUTES

Stretching can be done anywhere— in a yoga class, while watching Netflix, before bed, and even at your desk! Stretching helps relax both mind and body; it speeds recovery from a tough workout and prevents future injury. Plus, it feels good!

Office Break Yoga: https://www.youtube.com/watch?v=M-8FvC3GD8c

MORE RESOURCES

- liveWELL physical activity resources: https://hr.uiowa.edu/well-being/livewell/health-and-well-being-resources/physical-activity
- liveWELL Health Coach Service: https://hr.uiowa.edu/employee-well-being/livewell/livewell-programs-and-services/health-coach-services

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