Good morning everybody Welcome to today's Bible are getting active at work or home and I know a lot of you are working from home at this point so just a few reminders this live webinar and we would ask you to have your phones or computers put on music for the duration of the presentation and you have any questions about the presentation and I will make sure I get to any questions and thanks again I'm going to be using the video option a few times during webinar today to show you some exercises so if you have any trouble seeing me so let me first introduce myself my name is Christy Goff I'm a registered dietitian with Pacific Medical Centers and also a certified yoga instructor so this class came out of people always wanting to know if Rick ideas that are effective and hopefully today will focus on areas of the body that could potentially be bigger because of Selena so will cover our benefits of exercise there's a lot of them I'm going to offer exercises to improve your posture workstation that you have a chair you can do all of the exercises and will offer a couple of their visuals as well and then we'll review keys to success so I have some apps and Superdry veggies to share with you and then I'd love to hear what you guys have been using with a lot of are gyms being closed if there's a favorite website or fitness center that you're apart of offering online programs is a great quote to get started so sitting in a chair all day it's like long-distance friends not everyone can do it and nobody can do it a lot of times we think about how we need to sign for a certain reason and most importantly will find out today is exercises really free from breaking up the sitting that we do all day no one can do all day without some ramifications and we'll find out what those might be in terms of P don't carry it all of you listening today do you have any idea how many hours a day you're sitting vs. standing for your calculations you don't need to show you have a way that makes you exercise a little bit more such as a step tracker or an app or an exercise program that you're in these are just some things to get started and really it's about small changes we don't we're not going to rework our entire work day and suddenly the moving the entire day however hopefully you get some good idea of how to implement different while you work the let's look at the benefits of exercise have you ever thought about other benefits of exercise I know many of you may think okay reduction or stress relief but there are so many others and a great shot has to look up I'll put in your follow-up email is going to Freakonomics I think there's no magic pill or something I just looked at all of the ways that exercise promote changes in our brain some include neurological growth, reduction of inflammation in the body and we find the exercise create new activity patterns that promote healing so if someone could mute their mic that would be great if there's some background noise there thank you for letting me know mine is a little bit after we just because of the room I'm in today so I apologize if that's all right so exercise promotes that feeling of, which is why it's so great for stress relief it also releases endorphins which are powerful chemicals in the brain that help us Energizer Spirit making us feel good and I know we all need a good dose of that lately physical activity specifically boost the brain's dopamine neural Afrin serotonin and these all are also important not only for making us feel good but helping us focus and stay attentive during the day so we also know that exercise is really important for our sleep and are stressed so this is just a quick list of various ways that we see the benefits of exercise play and are multi-dimensional has ever found anything quite like exercise which is pretty amazing with all the technology that we have now what are the recommendations the Center for Disease Control puts out recommendations based on hundreds and hundreds of studies about how much exercise that we actually research shows that moderate levels of exercise are best for most people and moderate means that you breathe a little heavier than normal but you're not totally out of breath maybe you can still talk while walking as opposed to a vigorous exercise would be unable to speak while exercising body should feel warmer As you move and you should feel that your heart rate increases during moderate exercise we also want to remind ourselves to do muscle activity says ideally two or more days per week which is what I'll offer a couple stretches around specifically muscle-strengthening activities and that way we can build good muscle while also building in the both of them are really important for so this is just a fun and go infographic because companies all throughout the generations since we started doing more desk work have realized that they can make a pretty good bang for their buck so to speak by I'm promoting objects that people can use in their home so a couple examples are the simply board which is something that you balance on I know some people use those Balance ball chairs or just the actual ball to sit on and that help their spine throughout the day this is the one in the corner over there is a chair so you can actually change out your chair for a bike or some kind of exercise machine the one in the bottom left is called a disco set and this one was recommended to me by a med PT and she said it's cheap and it also helps to alternate between a bunch of different sitting method throughout the day so again it's just breaking up the stagnation that we see when we are sitting there's also folding cycles and death sitter so all of these things maybe people use them for a short duration of time or maybe you have something that you wear my so if you do please share a good thing I'll share with the group after we can't talk about exercise and specifically stretches at work without addressing posture now I don't know many people who sit like this picture all day long correct so this is basically a way to say that I sure can be dynamic pattern of reflexes habits and adaptive responses and when we look at the spine by the health of the spine is going to be really important there's not one definition that is the perfect posture definition for example we can be an alignment meaning our body is stacked the way it should be but posture again is that flowing movement and typically poor posture is just awkward postural strain so it's like how we're feeling might dictate our posture if we're overcompensating for a certain muscle group we might have a different question I'm just what our body is in space so I'm going to use the word alignment today when we're talking about structural Integrity of our spine and our body when we go through some of these so this one just shows you a couple good examples of our sitting posture and specifically if we can get our workstation more ergonomic and more so that our body is in a proper alignment we see a lot of good benefits from it so let's do a quick activity I'm going to come on to the video here hopefully you can see me find your chair to sit facing this way and come to the very edge of your chair this is obviously not how you think your hands on either side of the chair and lifters that long so if there's two phones that we typically sit in back and I want you to find her I'm here as opposed to the opposite way our bodies naturally kind of goes in this direction me sitting on the back of the system VR place on the ground Miami should be about 90° and you'll notice that when I switch from this position this position what happens when my shoulder you might notice hey Google forward all right I'll come back for some other exercises with the video so when we look at Coraline and we see a lot of different things can go wrong people typically have weakened up their upper back muscle so the X on the lady that's a really weak spot in a lot of people because of that hunched over State we see lower back pain hip injuries injuries shoulder in the all of these things oh I'm sorry did you guys not see the video it should come up on your screen Cameron else having trouble with that let me come off of it and you can try to find it mine is on the bottom part of the screen is really tiny and now it's trying to get my whole body the screen I don't usually use video when we do these women are all someone said they move the names on the top of your game please just check that your phone is muted the whole time I can't meet you guys all the way I will do my best to try to meet you as well so any questions about alignment while sitting will do a couple more like this when we look at different stretches one of my favorite sayings from a physical therapist and again I'm not an expert with injuries per say So Physical Therapy is a great modality to be connected with if you do have peeing in a certain area as opposed to maybe just doing the simple stretches that we're doing today but she told me the best posture is your next posture meaning that it's really important for our bodies to just be moving around and changing positions a lot and will see that seem as we go through let's do some activities I'm going to go through a couple different things today's first we're going to talk about standing and standing desk stretching flexibility strengthening working on our balance and then also just ideas of how to gain some active minutes that endurance the article at the bottom of your screen is a really great resource that I'll be alluding to a couple times because again the next posture is our best posture we're finding that we can't undo a whole day of sitting if we just do one workout before or after work well that's super important and I don't want to negate anyone that were for doing exercise we still see that we need to break up that sitting posture throughout the day and to really be our best hope that we can so that article has really interesting ties between people still exercising regularly but because they're sitting so much they have other problems as well so we want to aim to just get you up and moving and get you some motivation to do this while you're at work and hopefully it should most of these to feel really good on your body and if it doesn't please stop what you're doing and don't go any further because it's not worth injuring yourself just to try to meet whatever imposter I'm offering alright let's talk about standing I hear this all the time there was an article a couple years ago thats started making the analogy that is sitting the new smoking pretty drastic statement right so they find that basically what that means is that people that spit a lot during the day or end up with more risk for chronic to the one study showed that if Americans cut their sitting time and half life expectancy would increase by roughly two years that's pretty great right and we talked about longevity live longer maybe this getting up and moving just even doing our daily tasks not necessarily working out so to speak and help with our life are there more we have a lot of animal studies suggest that you're not necessarily burning more calories when you stand but there is a low fat burning enzyme called lipoprotein that starts to rise when you're not sitting basically so when you're trying to use different muscle and have those muscles deactivated by moving around and that's so when people say oh I want to you know burn more calories cuz I'm going to stand at work the main research take away is that standing at work promotes that you were more likely to move around and walk around maybe you walk to your well I can't say any work analogy since we were all at home or you're much more likely to move around if you're already standing that in turn May because they're moving more will increase some of that fat burning enzymes so again the calorie difference between sitting and standing is really meant all we know that there is certain things get activated when we're moving even just a little so what's one recommendation of a couple expert have different shapes on them but one was saying basically that trying to sit from work no more than 20 minutes at a time or try not to stand in one position more than about 8 to 10 minutes so I know that more likely when we're standing we're shifting our way and actually moving little bit more so that seems a year but notice how long in one position you're sitting I find sometimes at work my foot goes numb and I'm like why didn't I move my foot I'm almost too lazy to just cross my legs put them on the ground and really be aware of what's going on so those are just a couple kids beds around standing so if you can try to make a makeshift standing desk I know we all don't have fancy equipment at home but some people will stack boxes on one another so that their monitor is up a little bit higher than people can have it on like a bars that they have in their house and just kind of stand and sit throughout the day but if you can't just making sure you have some kind of measure and awareness of how to move around and change positions while you're sitting so this is the fun one the flexibility and stretching so when we talk about stretching Lee again it feels good and I'm going to offer some chips while we do go through the stretching and certain muscles when we sit and watch 10 to get shortens and tight and some muscle also get more week as we sit because they're almost dressed in the same position over time so a lot of what were kind of stretching and strengthening is areas of the body that has that are so we'll go through a couple of those today I have a couple pictures here of ones that will do together but these are kind of the main target areas that we're going to stretch we're going to look at Simpson hip flexors and then quads and hamstrings ideally again a lot of these offer some resources for them but I'll do my best to get in on the video again for you so again if you didn't see the video last time look on the top of the corner and we'll go through the first one is a great one for your shoulder again until visiting physician sit up tall and then you can read your hands out simple by your hands together maybe start with your right thumb on top now if you bring your hands and not classed addition to the low back you can stop here in this might be enough stress for you and you want to take it a little deeper you can do with the picture done against all your ribs in towards your body and your ass here that you're not let it go the whole tear and read whenever we stretch you want to remember to breathe breathe in through the nose out through the nose finding some, as you do this as well if you'd like to add in some not some neck roll you can chill at your next size inside or as the movement and that's a really nice this is going well we'll start our next one so at this point I really do numerous times throughout the day so you can reach your hands up you can either clap your hands or what I like to do is wrap with your right hand your left wrist and then been to the right and I know I'm nearing you know what I'm saying place on the chair and if your feet touch the ground pool like it's the ground the same energy breathing into that side body here this one doesn't get a stressful day today I am come back up to center switch that risk again if your mind found it. Can just chill and what I like to do is pull my arm up and over you can play with closing or opening your chest either way just a little bit different on the wrist area breathing here and then release your arm are going to go for a seated twist next I'm here you can grab onto the outside of your left and then reached back with their left hand reading as you inhale the blank in the spine grow taller affordable app inhale back to Center we can't do two objectives without doing. Eating over them right shoulder no maintaining that nice posture and those are balls for shoulders and then back or back a typically moves in an up-and-down way all day long does nice to twist it and make it go into different side body since you don't normally another one that you can do is find a doorway and Cactus your arms up either side hold on to that doorway and on the great one to open up the shoulders are hunched over all day long so down your back so now I move to the hips and the hip flexor is in the closet hamstrings I have to cross it over the right at that lady is doing again over just a little bit hopefully find some Asian hear breathing in that area you got any sweets in your knee just come up and where you can just sit and read through this exercise which signs real quick and when you feel even you can continue this while I chat so don't worry about the timing on the last one is just a low lunch or you can do it on your hair one of the ways I like to stretch my hip flexors is bringing one foot on the set the resting on the seat of the chair and hold onto the back and walk your back. So you're basically a no lunch with that lady do you want to go all the way to the floor and feel free this is a great one for the hip flexors as a contracted position so that is some of the video some of the stretches that you can do for these areas of the body and again there's lots more online there's tonnes if you Google like exercises that you can do a lot of fun trying to aim for something that is from either a legit organization like the Heart Association or something therapist that graduated and no is a little bit more knowledge about the body the next category is strengthened in this picture I love because often people are great at the endurance piece moving around but often times especially fine in women we tend to be discouraged or intimidated by we don't know that when we strengthen our body or not always thinking about getting a bunch of weight at the gym it's about just general activities that gets us on some resistant so that we can help protect our posture are alignment from injury rates over strong in certain areas going to hold our shoulders back that's going to strengthen our hips so we're going to go through a couple here there's some exercises for arms and there's exercises for our legs and when we drink then we talked about Christian full so pushing the act of moving pressing movement away from us and then pulling obviously bring that something closer so it's two different actions that won't go over so these are some things you can do either at work or home that don't require much equipment the first one is resistance band I'll put some hand out that goes over just common exercises that you can do with resistance bands but there's a lot and if you know any PT this is their favorite way to get you to move and strengthen different weaker areas so that I can be a really good investment and sometimes you can get them for free if you are going to a physical therapy appointment which is really nice again if you don't have weights at home try using water bottles or canned foods you just need a little bit racist is most of the time just strengthen those weaker muscles we can use a chair or all of these things so just a couple that I'll show you today the first one is for your upper back we typically are a little bit longer and I'm going to cry typically a weaker in the back behind our to scapula so you bend your knees and Bend forward about halfway on the first you kind of place your palms toward your body and then do a row so your listing your elbows up in that you want to squeeze as you get to the top and then also you can see your palms together and bring them out like we need a little more challenging for me but it's her back that could potentially be weaker over time again you can do like what that guy is doing what you're doing here on bicep curls and then a good one where you bring your one way or two ways bring up and over bring your ribs in French the weather a couple you can use the wall as a resource here so I'm going to not face behind you but this actually you're going to do some push-ups or you can do this on the floor or your desk if you have one near you I'm you can also use the chair and do some tricep dips so this one's pretty active at working the tricep or you just want to sit on the edge of the chair scoot your bum off just lately keeping her are the front of the chair and then going off about halfway down like his picture to in that cartoon these are more for our legs so are squats and lunges and these muscles are the powerhouses of the body so they kind of get the most bang for your buck when you do squats and lunges which is why a lot of workout classes I'm working to move through these a little quicker just to save time but you can do chair pose which is basically trying to sit in a chair and that's going to work your quad one that's been really effective for your hamstrings is the one on the top right of your screen the woman that's in the pink top and so these are called a walking lunges you essentially want to engage the hamstring as the link up and back you can bend that knee if you would the lifted me if you want and then I always like to keep a bend in my standing light as well so that one's really good one for the hamstrings at 10 to get lengthened and weak as we're sitting in our seats there's also some traditional squats so the middle picture there is just a walking lunge so I used to joke that you could use this to go to the water cooler or to go to the printer you can do lunges now that you're at home baby room to room and get your lunch and then in between your appointments and your work is the curtsy lunge on the bottom on this one you said behind you and squash and this one we want to keep our hips level but it's really good for the outer leg area and then the bottom left picture I love to try to do and I can on and off this one on a chair and lived one light out wrong and you can keep that like bent or straight and you basically easier can little bit to practice with a co-worker family member again any questions let me know in the chat bar had one that says what leg exercises were problem I would avoid a lot of the lunches typically ideally for knee problems and I'm not a physical therapist but we want to strengthen the bond so that you can basically protect the ligaments around the knee by not over using that choice so if you do go to a physical therapist they might give you some specific stretches where you might be weaker either in the closet with a hamstring even in the cat exercise so he was string stretching might be able to do that one with knee issues because you're basically standing Like a Warrior 3 if you've done yoga before but those lunges I would avoid if you are working with a physician or a doctor that they can help you find some exercises that support those ligaments question any other ones around squats lunges moving through here has been working hard hopefully you guys are doing some of these exercises as well so balance our body's natural ability to balance begins to decline after age 25 now that obviously if you're using your balance practicing with your balance you can maintain that so it's not your dude for life if you're over age 25 however it is important to know that as we get older we tend The activities that's really important to add that into your exercise routine and really even if it's hard to stay with it and practice don't couple that you can try today are similar what we did on the chair but it's called a figure 4 stretch but it's standing so you're going to cross your leg over knee and then you can stay there and or just keep your knee lifts in or you can cross it over and to classify are basically raising what's the toes and then you can bend and balance kind of a little stretch and a balance the next one is just as Tippy Toe and made those on the screen for you and you can use a chair for this one I like to hold onto the back of the chair and then you can just lift up on your tippy toes remarkably challenge you can always come down and then that one is a great you can also hold up and down to really activate the cat one thing to know is that in the last picture talks about dynamic stretches and we know that if we can do about it Glasses that are geared for age 50 and up are really working on jumping into a balancing to decisions you may see that your exercise class and just know that that's a really good thing to practice as you're getting older and lastly is that endurance cheese so you may have a Fitbit or some kind of tracker that way you can actually see what we consider active minutes and this is essentially anytime that you're moving out in 10 minutes at a time on the CDC although they give that hundred and fifty minutes a week recommendation they say that you can do as little as seven to 10 minutes at a time to get the benefits that we saw at the beginning of the presentation around exercise so that was sweet benefit from these consistent 7 to 10 minutes at a time so that's usually what you're active minutes means when you're looking at a Fitbit or Apple watch in the American Heart Association has set a 7000 to 10,000 steps a day goal for people now that's a general goal so if you're at mm lens okay but maybe we increase yours to 2500 or 3000 not more there are some apps embedded on a lot of phones now that can track your stuff so I know that Apple definitely has one that's like some kind of heart I have I don't know any specific for Android just because I don't have that phone but if you look at like activity trackers or step trackers I know that I'm will come up and I can look online for your follow-up email on where is a 7M women app that's free thank you I don't know what the seven end means one thing that I will point out if that you can get a lot of muscle engagement when you walk upstairs and you can really increase your heart rate fast so that's a fun idea to go to places that have more stairs may be at your house or maybe you have your neighborhood or anything that's on an incline is going to really ramp up though your heart rate and you can basically do less if you're doing more vigorous exercise if you don't have a ton of stairs know that this woman is just running up and down one stair so if you have a couple stairs in front of your house or at in the backyard on this is a way that you can get that same engagement and might be more boring but you can definitely get some stairs and some of that endurance there then we got some other ideas for getting those active minutes in trying to do a walk through out the day can be really helpful I like to park far away I know that make other people very annoying but I like to find a parking spot where I can and then we're on our way to walk a little bit especially at work I can't really far away in one of the all-day free spots and get a little bit of an extra work out there are tons of online gems and yoga studios that are offering classes with the covid-19 parameters that were in right now so if you guys have any that you like please Jetta on the chat bar as well the YMCA someone just said as doing classes called y360 that's really nice and I Jim called Community Fitness is streaming free online workout classes around bar and there's damn sickness classes and some other ones doing for the community and you don't need a membership right now which is really great people are offering all of these free services when we all need exercise a little bit more so I like the bottom here so if you do every hour try to get up and move for at least 3 minutes that's already twenty-four hours of activity now again we call that active minutes because we're not doing for the whole 10 minutes. But that can just be enough to break up the sitting posture it relined start stretching tighter muscles are moving around a little bit more so that can be a really good goal and even if your changing from sitting to standing every hour and so is actually moving around that can just be a good cool and then this infographic is from the American Diabetes Association about how to get in your active minutes at work so this is more for you to look at it I'll send you the Powerpoint once we're finished today and if this is just some ideas of what you could do at your workstation to get a couple more minutes of activity in if anyone has ones that they really like to do or feel free to share that there's apps for tracking there's also apps for actually doing exercise program and actually look these up at least six months ago so I'm taking with a grain of salt I can edit anything now that I'm looking at this in your follow-up email but so record is One S and a fight Under Armour and this one is actually tracking apps I asked about that earlier and then tracking food intake and exercise can be done at the American the new American plate challenge through the Cancer Society you don't have to have cancer but it's a big prevention of cancer push and they have a Facebook page and I think it's a 12 week program that you can sign up for free MyFitnessPal is a great one for tracking I would just caution against the calories that they estimate burning burned for you I heard that those are very inaccurate in if it says you burn 2000 calories that day it can be very different from person to person so no that's just an average and it's not for sure that's how much are there are there exercise programs there's ones that you can do group workout classes on your own there's ones that are specific for strength there is Yoga ones all over the place right now so if you have a favorite local chances are they're doing online classes so trying to get taken advantage of doing a little bit more of a different activity than you normally do heart.org the American Heart Association and they have other activities creating a home circuit workout for you so that link below will take you there these are just some reminders of what works when we think about exercise Lose That All or Nothing attitude right you can keep doing those three minute breaks in that can be really successful for helping with low back pain and joint and that sort of thing if you can get to that 7 to 10 minutes that is ideal but know that any exercise at all is good finding something that you like to do you do if you hate going to the gym everyday chances are you probably won't go for a long time for your lifetime so you can find an activity that excites you maybe you find a friend to do it with you walking outside to be a great one right now so all of these things are kind of Lucky for us that it actually is nice out freaking outside and hit up some of the parks and things that we have in the area any questions that I can answer today around exercise