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All right. Good morning, everybody, and welcome to today's webinar, getting active at work or home because I know a lot of you are working from home at this point. So just a few reminders. This is a live webinar and we would ask to have your phones or computers put on mute for the duration of the presentation.

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If you have any questions throughout the presentation, please use the chat bar and I will make sure I get to as many questions as I can. I'm going to be using the video often a few times during the webinar today to show you exercises.

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So if you have any trouble seeing me or the positioning, at least let me know what. So let me first introduce myself, my name is Christy Goff, I'm a registered dietitian with Pacific Medical Centers. I'm also a certified yoga instructor.

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So this class came out of people always wanting to know quick ideas of how to exercise work or even at home that are effective. And hopefully today we'll focus on areas of the body that could potentially be more tight or weaker because of.

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So we'll cover our benefits of exercise, there's a lot of them. I'm going to offer exercises to improve your posture and a workstation. I have a chair, you can do. All of the exercises will offer a couple of their visuals as well.

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And then we'll review keys to success. So I have some apps and some strategies to share with you. And then I'd love to hear what you guys have been using with a lot of our gyms being closed. If there is a favorite website or fitness center that you're a part of, that's offering all kinds of programs.

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This is a great quote to get started, so sitting in a chair all day long distance. Right now, everyone can do it and nobody can do it forever. And a lot of times we think about how we need to exercise for a certain reason.

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And most importantly, what we'll find out today is that exercise is really great for breaking up the sitting that we do all day. No one can go all day without some ramifications, and we'll find out what those might be in terms of pain.

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So I'm curious all of you listening today. Do you have any idea how many hours a day you're sitting versus standing? This is for your own calculations you don't need to share. Do 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

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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 workday and suddenly be moving the entire day. However, hopefully you get some good idea of how to

implement some different stretches and exercises while you work.

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So let's look at the benefits of exercise. Have you ever thought about other benefits exercise? I know many of you may think, OK, yeah, it's good creep reduction or stress relief, but there are so many others and a great podcast to look up, and I'll put in your follow up email out Freakonomics.

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I think there's no magic pill or something that just looks at all of the ways that exercise promotes changes in our brain. Some include neurological growth, some a reduction of inflammation in the body, and we find that exercise creates new activity patterns that promote feelings of calm and well-being.

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Oh, if someone could mute their Mike. That would be great if there is some background noise there. Thank you for letting me know. And mine is a little bit echoey just because of the room I'm in today, so I apologize if that's a little annoying.

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All right. So exercise promotes that feeling of common well-being, which is why it's so great for stress relief. It also releases endorphins, which are powerful chemicals in the brain that help us energize our spirit, making us feel good.

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And I know we all need a good dose of that. Lately, physical activity specifically boosts the brain's dopamine, neuro effron, serotonin, and these all are also important not only for making us feel good, but helping us focus and stay attentive during the day.

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So we also know that exercise is really important for our sleep and our stress, so this is just a quick list of various ways that we see the benefits of exercise play in our lives. It's multi-dimensional and no one has ever found anything quite like exercise, which is pretty amazing with all the technology that we have now

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. So 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 need. 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.

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Maybe you can still talk while walking as opposed to vigorous exercise would be unable to speak while exercising. The 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 strengthening activity, so ideally two or more days per week, which is

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what I'll offer a couple of stretches around, specifically muscle strengthening activity. And that way we can build good muscle while also belittling endurance. So both of them are really important for our health. So this is just a fun

infographic, because companies all throughout the generations since we've started doing more desk work have realized that they can make

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a pretty good bang for their buck, so to speak, by promoting objects that people can use in their home. So a couple of examples are this 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 helps their spine move throughout

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the day. This is the one in the corner over. There is a sit in cycle care, so you can actually change out your chair for a like 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 paramedic.

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And she said it's cheap and it also helps to alternate between a bunch of different sitting methods 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 step sitters.

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So all of these things, maybe people use them for a short duration of time, or maybe you have something that you swear by. So if you do, please share it in the chat bar, and that can be a good thing I'll share with the group after.

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So we can't talk about exercise and specifically structures that work without addressing posture. Now, I don't know many people who sit like this picture all day long. Correct. So this is a basically a way to say that posture can be a dynamic pattern of reflexive habits and adaptive responses.

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And when we look at the spine, the spine, 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 in alignment, meaning our body is stacked the way it should be.

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But posture again is that flowing movement and typically poor posture is just awkwardly awkwardly coping with 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 posture.

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So it's kind of just what our body is in space. So I'm going to use the word alignment today when we're talking about kind of the structural integrity of our spine and our body and what we go through some of these stretches.

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So this one just shows you a couple of good examples of our sitting posture and specifically if we can get our workstation more ergonomic and more so that our body is an improper alignment. We see a lot of good benefits from this.

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So let's do a quick activity. I'm going to come on to the video here. What you can see me. And find your chair, I'm going to sit facing this way so that you can see this line here and come to the very edge of your chair.

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This is obviously not hiding sit for the whole day or this is just for our exercise today. Place your hands on either side of the chair and lift your sit up and back. So there's two bones that we typically sit in backwards, and I want you to find how to sit in front of them so I have

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to lean forward and then sit back down. Now I'm not going to sit like this and take all day and then you can bring it back up. You should see a little curve in the spine here as opposed to the opposite way.

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Our body naturally kind of goes in this direction. So this is me sitting on the back of the second. And this is me sitting on the front of the zipper. My feet are placed on the ground. My knees should be about 90 degrees.

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And you'll notice that when I switch from this position, this position, what happens to my shoulder? You might notice and go forward with this alignment, I guess you could say people that are working at home so that you can kind of correct that.

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You can be more focused on bringing your shoulders back and down so that they're aligned on that fact. All right, I'll come back for some other exercises with the video. So when we look at poor alignment, we see a lot of different things can go wrong.

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People typically have weakened upper upper back muscles, so the ex on the lady's back. That's a really weak spot and a lot of people because of that hunched over state. We see lower back pain, hip injuries, neck injuries, shoulder injuries.

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So all of these things. Oh, I'm sorry, did you guys not see the video? It should come up on your screen? Anyone else having trouble with that? Let me come off of it, and you can try to find it.

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But I mine, it's on the bottom part of the screen. It's really tiny. I know I was trying to get my whole body into the screen and don't usually use video when we do these webinars. Oh, someone said they knew the names on the top of your name.

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OK. Go to the chat bar, a couple of people are giving some advice on this. Thank you so much for your patience on the video aspect of it. And please just check that your phone is muted since I'm not at the computer the whole time, I can't meet you guys all the way.

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But I will do my best to try to meet you as well. There we go. So any questions about alignment while sitting, we'll 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 se, so physical therapy is a

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great modality to be connected with if you do have pain 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 we'll see

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that theme as we go through the slide. So let's do some activities. I'm going to go through a couple of different things today. 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.

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The article at the bottom of your screen is a really great resource that I'll be alluding to a couple of 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.

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While that's super important and I don't want to negate anyone's effort for doing exercise. We still see that we need to break up that sitting posture throughout the day and to really be our best health that we can.

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So that article has really interesting ties between people that still exercise 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.

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Most of these should 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 posture I'm offering. All right.

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Let's talk about standing, I hear this all the time. There was an article a couple of years ago that started making the analogy that is sitting the new smoking, and that can be a pretty drastic statement, right? So they find that basically what that means is that people that sit a lot during the day are end up

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with more risk for chronic diseases. So one study showed that if Americans cut their sitting time in half, life expectancy would increase by roughly two years. That's pretty great, right? We talk about longevity and like a pill that would just make us live longer.

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Well, maybe that's getting up and moving. Just even doing our daily tasks, not necessarily working out, so to speak, can help with our life expectancy. Furthermore, we have a lot of animal studies that suggest that you're not necessarily burning more calories when you stand, but there is a fat burning enzyme called glycoprotein, the light piece that starts

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to rise when you are not sitting, basically. So when you're trying to use different muscle and have those muscles be activated by moving around in that sort of thing. So when people say, Oh, I want to burn more calories because I'm going to stand at work, the main research takeaway is that standing at work promotes that you

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are more likely to move around and walk around more, maybe walk here. And while I can't say any work analogy since, well, we're all at home, but you're much more likely to move around if you're already standing. And then that in turn, maybe because you're moving more will increase some of that fat burning enzyme.

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So again, the calorie difference between sitting and standing is really minimal. But we know that there is certain things that get activated when we're moving, even just a little bit. So what's one recommendation? A couple experts have different takes on this, but one was saying basically that trying to sit for more no more than 20 minutes at

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a time or try not to stand in one position more than about eight to ten minutes. So I know that more likely when we're standing, we're shifting our weight and actually moving a little bit more. So that seems a little bit easier.

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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 uncrossed my legs, put them on the ground and really be aware of what's going on in the body.

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So those are just a couple tidbits around that 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.

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Some people can have it on like a barge 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.

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OK, so this is the fun one, the flexibility and the stretching. So when we talk about stretching, hopefully again, it feels good and I'm going to offer some tips while we do four. Go through the stretches and certain muscles when we sit relaxed tend to get shortened and tight, and some muscles also get more weak as we

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sit because they're almost stretched in the same position over time. So a lot of what we're kind of stretching and strengthening is areas of the body that typically get tight and then those that are typically weaker. So we'll go through a couple of those today.

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I have a couple of 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 shoulders and neck and chest, low back hips and hip flexors and then quads and hamstrings ideally.

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Again, a lot of these I'll offer some follow up 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 a couple of stretches.

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All come a little closer this time, so you can see. So the first one is the great one for your shoulders and kind of getting them back behind your body again, find that nice tilted sitting position and sit up tall and integrity of your spine and there and then you can read your hands up to full size

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and ask your hands together. Maybe start with your right on top of that class. Now, if you bring your hands in that class position to the lower back, you can stop here and this may be enough for you.

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If you want to take it a little deeper, you can do what the picture does and start to straighten your elbows out again, pull your ribs in towards your body and engage your abs so that you're not just letting go and having your spine move in the easier direction, which is kind of the approach that we see

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in the holes here and breathe whenever we stretch. We want to remember to breathe. Breathe in through the nose, out, through the nose. I mean, some com as you do this as well. If you would like to add in some, not some neck rolls, you can tilt your neck side to side for some movement, and that's a

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really nice way to see some tight spots around the body. This is going well, we'll start our next one. So this one, I really do. Numerous times throughout the day so you can read your hands up tall. You can either class their hands or what I like to do is wrap with your right, hand your left wrist

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and then bend to the right. And I know I'm really going the opposite direction as you. So I apologize. Either follow me or do what I say. They keep both legs on the chair, and if your feet touch the ground, try to push both legs into the ground with the same energy.

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Breathing into that side body here, the Sun doesn't get stretched a lot in our normal day to day. And you come back up to some degree switch that risk or it again, if you're in a bind bound up here, you can just tell that.

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And what I like to do is pull my arm up and over. You can play with closing your chest up or opening your chest. Either way, they stretch a little bit different on the rib area and. Remaining here and then release your arms.

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We're going to go for a feed and twist next time around to. This one has a lot of variation. So I like to start with my hands hand. That was just a simple twist to the left. Premiere here you can grab onto the outside of your left knee and then reach back with your left hand to the

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top of the chair or the seat in the chair and use that as leverage to see if you can gently pull yourself towards the lap. Maybe gazing over the left shoulder. Breathing as you inhale, lengthen the spine, grow tall and exhale.

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Towards the left. Inhale back to center, we can't do ostriches without getting both sides, so it can turn towards the right and then you can take that super finish. Seizing over the right shoulder. You know, maintaining that nice posture and spraying around like.

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So those are both her shoulders and then back are back typically moves in an up and down way all day long. So it's nice to twist it and make it go in two different directions, especially getting under the heat.

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The side body since we a stretch that. Another one that you can do is find a doorway, a cactus, your arms up to the side. Hold on to that doorway and you can also just do it like this, too.

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It's just not as intense sounds a great one to open up the shoulders because these muscles tend to get tight if we're all our hunched over all day long. So we're really work to bring those shoulders back and then down your back.

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So now we'll move to the hips and the hip flexors and applause in the streams, I have just a couple to show you there's two on the screen here. I like to flex my left foot and cross it over the right knee.

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And that lady is doing again, come to the front of the second and then keep that of left foot flexed and then gently. If you want more sensation, you can kind of fold over just a little bit. Hopefully find some sensation here breathing in that outer hip area.

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Do you feel any tweaks in your knee just come up and get any higher, or you can just sit and breathe through this exercise? Switch sides real quick. And when you feel even you can continue this chap, so don't worry about the timing.



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And the last one is just a low lunge, or you can do it on your chair. one of the ways I like to stretch my hip flexors is bringing one foot on the back of the chair facing away from the chair.

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And then you can bend your standing down as a quad stretch here and also a little bit in cluster. You can also base your chairs with that same me, so it's resting on the seat of the chair and hold on to the back and walk it back.

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So you're basically in a lunge what that lady is doing on your chair? You want to go all the way to the floor. Feel free. This is a great one for the hip flexors response, since those tend to shorten as we sit, since they're in a constructive position when we're up.

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So that is some of the very some of the stretches that you can do for these areas of the body. And again, there's lots more online. There's tons if you Google like exercises that you can do at work, there's a lot of them trying to aim for something that is from either a legit organization like the heart

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association or something that's from a physical therapist that's regulated and knows a little bit more knowledge about the body. So next category is strengthen this picture I love, because often people are great at the endurance piece or moving around, but often times especially I find in women we tend to be discouraged or intimidated by a weight lifting

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. So know that when we strengthen our body, we're not always thinking about lifting a bunch of weight at the gym. It's about just general activities that gets us some resistance so that we can help protect our posture, our alignment from injury.

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Right. So if we're strong in certain areas, that's going to hold our shoulders back, that's going to strengthen our hips and et cetera. And so we're going to go through a couple here. There is. Some exercises for our arms.

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And there's exercises for our legs. And when we strengthen, we talk about push and pull. So pushing the act of moving pressing movement away from us and then pulling obviously bring something closer. So it's two different actions that will go over.

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So these are some things you can do, either at work or home that don't require much equipment. The first one is resistance bands. I'll put them on a handout that goes over just common exercises that you can do with resistance bands.

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So there's a lot. And if you know any, this is their favorite way to get you to move it and strengthen different, weaker areas. So that can be a really good investment. And sometimes you can get them for free if you aren't going to a physical

therapy appointment, which is really nice.

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Again, if you don't have weights at home, try using water bottles or canned foods. You just need a little bit resistance most of the time to strengthen those weaker muscles. I use organize a wall. We can use a chair or all of these things, so just a couple that I'll show you today.

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The first one is for your upper back. We typically are a little bit weaker and I'm going to grab my. No, typically a week or in the back behind her to scapularis, and these two stretches really were snapped.

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So you bend your knees and bend forward about halfway. There's two ways you can do this. first, you kind of place your palms towards your body and then do a row so you're lifting your elbows up and back.

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You want to squeeze as you get to the top in between the shoulder blades. And then also, you can base your palms together and bring them out like wings. So this one a little more challenging for me, but it's targeting different areas of the upper back that could potentially be weak over time.

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Again, you can do like what that guy is doing, what you're doing, your bicep curls and then a good one is triceps where you bring your head one weight or two weight, bring up an over, bring in a wrist in to your spine and then slow down here.

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So those are a couple you can use the wall as a resource here, so I'm going to not base behind you, but essentially you're going to do some wall push ups or you can do this on the floor or your desk and you have one near you.

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You can also use the chair and do some tricep dips. So this one's pretty effective at working the triceps. So you just want to basically sit on the edge of the chair. Scoot your bum up just slightly, keeping your hands on the back of the or the front of the chair and then going, bending your elbows about

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halfway down like the like is pictured in that cartoon. These are more for our length, so our 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 the squats and lunges, which is why a lot of workout classes kind of utilize both

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. We're going 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 clan. 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

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. And so these are called the walking lunges, and you essentially want to engage the hamstring as you kick the leg up and back. You can bend that knee if you miss the lifted knee, if you want. And then I always like to keep a bend in my standing leg as well.

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So that one's a really good one for the hamstrings that tend to get lengthened and weak as we're sitting in our seats. There's also some traditional squats, so the mental 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

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. You can do lunges now that you're at home. Maybe this is less embarrassing, but just go from room to room and get your lunges and in between your appointments and your work. There's the curtsy lunge at the bottom.

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This one, you step behind you and squat. 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 turn my back on again.

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Sorry, I'm on and off. I have an awkward setup for this one, you basically sit on a chair and lift one leg out and you can keep that length bent or straight, and you basically try to stand up and use your hands a little bit.

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But you'll notice right away that it takes a lot of balance and it takes a lot of energy from your client to stand up and down. So that one's kind of fun to practice with a coworker or a family member.

00:32:42:23 - 00:33:07:05

Unknown

Again, any questions? Let me know in the chat bar, I had one that says what leg exercise is best for problem knees. I would avoid a lot of the lectures, typically ideally for knee problem, and I'm not a physical therapist, but we want to strengthen the quads so that you can basically protect the ligaments around the knee

00:33:07:05 - 00:33:27:12

Unknown

by not overusing that joint. So if you do go to a physical therapist, they might give you some specific stretches where you might be weaker either in the quads or the hamstring, even in the calf exercise. So with the hamstring stretch, you might be able to do that one with knee issues because you're basically standing.

00:33:27:12 - 00:33:42:09

Unknown

It's like a warrior three if you've done yoga before, but the lunges I would avoid and hopefully if you are working with a physician or a doctor that they can help you find some exercises that support those ligaments.

00:33:43:14 - 00:34:10:02

Unknown

Then the question. And the other ones around squats, lunges. OK, we're moving through here. I'm a little out of breath, I guess I'm 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.

00:34:10:14 - 00:34:29:23

Unknown

Now that obviously, if you're using your balance and practicing with your balance, you can maintain that. So it's not you're doomed for a life if you're over age 25. However, it is important to know that as we get older, we tend to do less types of balancing activities.

00:34:30:03 - 00:34:50:15

Unknown

So it's really important to add that into your exercise routine and really, even if it's hard to stay with it and practice. So a couple that you can try today are similar what we did on the chair, but it's called a Figure four stretch, but it's standing, so you're going to cross your leg over your knee and

00:34:50:15 - 00:35:12:10

Unknown

then you can stay there and or just keep your knee lift in or you can cross it over and you stretch. So I think you can't see the top of my head. I'm too close, but we're basically raising any pushing into that standing leg, flex the toes and then cross the knee over the left.

00:35:13:02 - 00:35:29:06

Unknown

You can bend and sit, bring your hands to balance. It's kind of a little stretch and a balance that with the opposite leg now. The next one is just to be told, let me put those on the screen for you.

00:35:30:12 - 00:35:45:15

Unknown

And you can use a chair for this one. So I like to hold on to the back of the chair, and then you can just lift up on your tippy toes and maybe practice balancing here, and this seems really easy for you to try to stay on tippy toes.

00:35:45:15 - 00:36:11:01

Unknown

I want one leg up. It's remarkably challenging. You can always come down to your heel and then just lay. That one is great. You can also pull up and down to really activate the caps. one thing to note is that the last picture talks about dynamic stretches, and we know that if we can hop into a balanced

00:36:11:02 - 00:36:33:08

Unknown

position, that's going to strengthen us even more so a lot of step classes for the active classes that are geared for age 50 and up are really working on jumping into a balancing position. So you may see that in your exercise class and just know that that's a really good thing to practice as you're getting older.

00:36:37:02 - 00:36:52:21

Unknown

All right, and lastly, is that endurance peace? 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 any time that you're moving at least ten minutes at a time.

00:36:53:21 - 00:37:09:07

Unknown

The CDC, although they give that 150 minutes a week recommendation, they they say that you can do as little as seven to ten minutes at a time to get the benefits that we saw at the beginning of the presentation around exercise.

00:37:09:11 - 00:37:25:19

Unknown

So that was focus and attentive benefits. The stress relieving the sleep benefits all from these consistent seven to ten

minutes at a time. So that's usually what your active minutes means when you're looking at a Fitbit or an Apple Watch or whatever.

00:37:26:05 - 00:37:47:16

Unknown

And the American Heart Association has set a 7000 to 10,000 step a day goal for people. Now that's a general goal. So if you're at 2000, that's OK, but maybe we increase yours to two 2500 or 3000. So it's just a segmented amount more.

00:37:49:11 - 00:38:07:01

Unknown

There are some apps embedded on a lot of phones now that can track your steps, so I know that Apple definitely has one that's like some kind of heart app. I have, I don't know, any specific for Android just because I don't have that kind of phone.

00:38:07:10 - 00:38:23:10

Unknown

But if you look at app like activity trackers or step trackers, I know that a time will come up and I can look online for your follow up email on. There is a 7:00 a.m. Women app that's free. Oh, thank you.

00:38:25:06 - 00:38:47:05

Unknown

I don't know what the seven end means, one thing that I will point out is that there's 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, maybe at your previous work, stop at or

00:38:47:05 - 00:39:07:04

Unknown

maybe you have some stairs in your neighborhood or a hill. Anything that's on an incline is going to really ramp up 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 stairs.

00:39:07:08 - 00:39:22:00

Unknown

So if you have a couple of stairs in front of your house or in the backyard. This is a way that you can also get that same engagement and might be more boring, but you can definitely get some stairs and some of that endurance there.

00:39:23:07 - 00:39:42:00

Unknown

And then we got some other ideas for getting those active minutes and. Trying to do a walk throughout the day can be really helpful. I like to park far away. I know that makes other people very annoying, but I like to find a parking spot where I can and then that forces me in a way to walk

00:39:42:00 - 00:40:01:14

Unknown

a little bit more, especially at work. I can park really far away in one of the all day free spots and get a little bit of an extra workout. There are tons of online gyms and yoga studios that are offering classes when the COVID 19 parameters that we're in right now.

00:40:01:23 - 00:40:25:11

Unknown

So if you guys have any that you like, please share that on the chat bar as well. The YMCA, someone just said as doing classes called Why 360, so that's really nice. My gym, called Community Fitness, is streaming free online workout classes around the hour and there's dance fitness classes and some other ones doing so.

00:40:25:11 - 00:40:38:03

Unknown

That can be a good resource. So community fitness dot com and you don't need a membership right now, which is really great that people are offering all of these free services when we all need exercise a little bit more.

00:40:39:21 - 00:41:00:09

Unknown

So I like the bottom here. So if you do and every hour, try to get up and move for at least three minutes, that's already 24 hours of activity. Now again, we wouldn't call that active minutes because we're not doing for the whole ten minute period, but that can just be enough to break up the sitting posture

00:41:00:14 - 00:41:16:23

Unknown

, get real and start stretching tighter muscles, maybe or moving around a little bit more. So that can be a really good goal. And even if you're changing from sitting to standing every hour instead of actually moving around, that can just be a good goal to maintain.

00:41:18:24 - 00:41:33:16

Unknown

And then this infographic, it's from the American Diabetes Association about how to get in your active minutes at work. So this is more for you to look at. I'll send you the PowerPoint once we're finished today, and if you're listening to this on a recording, you can email me for that.

00:41:34:03 - 00:41:47:14

Unknown

But 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 one that they really like to do, I feel free to share that as well.

00:41:49:01 - 00:42:06:19

Unknown

So here are some apps, there is apps for tracking. There's also apps for actually doing exercise program. I actually look these up at least six months ago. So let's take them with a grain of salt. I can edit anything now that I'm looking at this in your follow up email.

00:42:07:07 - 00:42:24:18

Unknown

But so record is one that's an app by under armor, and this one is actually a tracking app sign of someone asked about that earlier and then tracking food intake and exercise can be done at the American the new American Challenge.

00:42:25:00 - 00:42:36:07

Unknown

It's 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 twelve week program that you can sign up for free.

00:42:37:00 - 00:42:56:04

Unknown

My fitness pal is a great one for tracking. I would just caution against the calories that they estimate burning burned for you. I've heard that those are very inaccurate and most apps. So if you if it says you burn 2000 calories that day, it can be very different from person to person.

00:42:56:04 - 00:43:14:11

Unknown

So no, that's just an average, and it's not a for sure that's how much you did, just as a disclaimer there. Other exercise programs are ones that you can do for group workout classes on your own. There's ones that are specific for strength.

00:43:14:22 - 00:43:31:16

Unknown

There is yoga ones all over the place right now. So if you have a favorite local studio, chances are they're doing online classes. So trying to get a take advantage of doing a little bit more of a different activity than you normally do if it's free and you want to just try something out.

00:43:33:10 - 00:43:58:08

Unknown

The Heart Dawgs, the American Heart Association, and they have other activities creating a home circuit workout for you. So that link below will take you there. So I'll add that in the final email as well. So these are just some reminders of what works when we think about exercise, lose that all or nothing attitude, right?

00:43:58:09 - 00:44:14:16

Unknown

You can keep doing those three minute breaks and that can be really successful for helping with low back pain and joints and that sort of thing. If you can get to that seven to ten minutes, that is ideal, but know that any exercise at all is good for us.

00:44:16:05 - 00:44:33:15

Unknown

Finding something that you like to do that can be huge if you hate going to the gym every day. Chances are you probably won't go for a long time for your lifetime. So if you can find an activity that excites you, maybe you find a friend and you want to do it with you.

00:44:34:10 - 00:44:51:17

Unknown

Walking outside can be a great one right now, since we actually have some nice weather here in Seattle. So all of these things are kind of lucky for us that it actually is nice out so we can get outside and hit up some of the parks and things that we have in the area.

00:44:54:10 - 00:44:59:16

Unknown

So any questions that I can answer today around exercise?