



# Mind/Body Matters

How to Stay Active During your Workday

# Simple and Effective Ways to Stay Active

1. Walk during phone calls
2. Stand during meetings
3. Raise computer up to stand at desk
4. Use a stability ball as a chair
5. Workout during your lunch break
6. “30-Minute Challenge” – Move for 2 minutes, every 30 minutes
7. Virtual fitness class or Personal Training Session



# Desk and Office Exercises

## Lower Body:

- Chair Squats
- Calf Raises
- Walking Lunges
- Wall Sit
- Laptop Bag Bear Squats

## Upper Body:

- Chair Tricep Dips
- Wall or Desk Push-ups
- Arm Pulses
- Arm Circles
- Water Bottle Bicep Curls



# Desk and Office Exercises

## Core:

- Chair Bicycle Crunches
- Desk Elevated Plank
- Double Knee Lifts
- Desk Bird Dog Plank
- Side Bends/Crunches

## Cardio:

- Walk your Stairs
- Pretend Jump Rope
- Modified or Regular Jumping Jacks
- High Knee March or Jog in Place
- Dance Break!



# Helpful Nutrition and Fitness Sites

1. [www.myplate.gov](http://www.myplate.gov) – Find USDA dietary guidelines, meal plans, recipes, etc. You can also download the app to set goals and join challenges.
2. [www.eatright.org/find-an-expert](http://www.eatright.org/find-an-expert) - Find a dietician in your area. This site also provides nutrition and fitness information.
3. [www.niddk.nih.gov/bwp](http://www.niddk.nih.gov/bwp) - If your goal is weight loss, this site can help you calculate calories needed, based on current or future activity levels, in order to reach your goals.



# Custom Fit Personal Training, Current Offerings



- One-on-One Personal Training
- Partner Training
- Small Group Training
- Group Fitness Classes
  - Custom Fit HIIT – High Intensity Interval Training
  - Custom Fit Fusion – Strength, Cardio, Core
  - PiYo, Release & Recover – Pilates, Yoga, Strength

\*All current offerings are virtual until it is safe to meet in person or warm enough to meet outdoors.



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