

“The Fit Office: How to ‘Move It’ at Work”

by

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AN OVERVIEW

- ▶ Is sitting deadly? - Research findings
- ▶ Sitting and posture
- ▶ Stretches
- ▶ Exercises in the chair
- ▶ Sit for 60 move for 3 intervention
- ▶ What you can do!

SEDENTARY LIFESTYLE ↑ CHANCES OF HEART ATTACK

- ▶ Australian Study in 2010 showed that sitting offsets the benefits of exercise:
 - ▶ 8,800 adults were followed for 6.6 years after assessing their individual risk factors
 - ▶ 3 categories based on television viewing habits: <2hrs, 2-4hrs, and => 4hrs
- ▶ Findings:
 - ▶ Sitting > 4 hrs makes individuals 80% more likely to die from heart disease.

SITTING INCREASES INFLAMMATION

- ▶ University of Queensland collected data from 4,800 adults equipped with activity tracking devices-accelerometers revealed that during 14.6 hrs a day:
 - ▶ 8.44 hours inactive
 - ▶ 20 minutes of exercise
 - ▶ Positive correlation between the length of being sedentary and levels of blood fats and markers of insulin resistance

RESEARCH FINDINGS

- ▶ 1 minute break ↓ undesirable health effects
- ▶ Waistline of active people < 1.6 inches vs. the least active group
- ▶ Walking contracts large muscles which “flush out the bad stuff.”

SITTING SHUTS DOWN YOUR BODY FUNCTIONS

- ▶ Slows ↓ the energy expenditure
- ▶ Leads to muscle atrophy
- ▶ Loss of energy
- ▶ ↑ risk for:
 - ▶ - diabetes
 - ▶ - heart disease
 - ▶ - variety of cancers
 - ▶ - early death

LACK OF EXERCISE AND TOO MUCH SITTING!

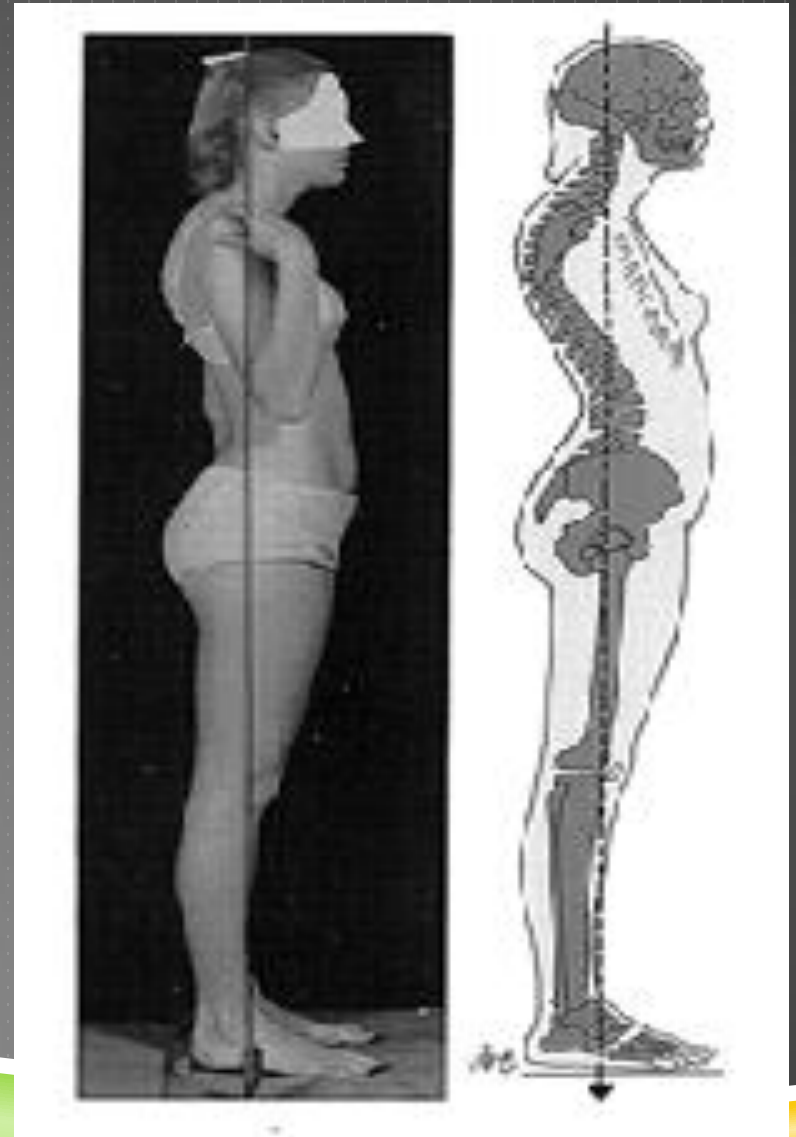


EXAMPLES OF BAD POSTURE



Poor posture interferes with:

- Blood and lymph circulation
- Breathing
- Digestion



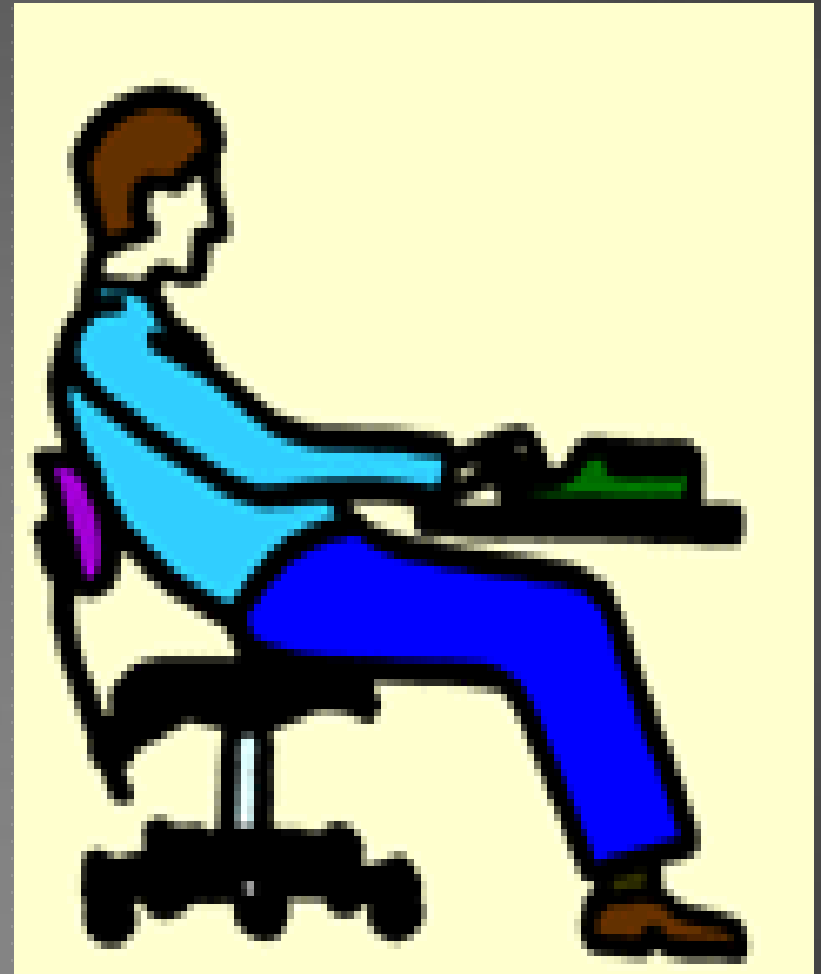
TYPICAL POSITION

- ▶ Stresses the shoulders and neck
- ▶ Stretches the inter-spinal ligaments
 - lumbar region
- ▶ Weakens the lower back in the long term



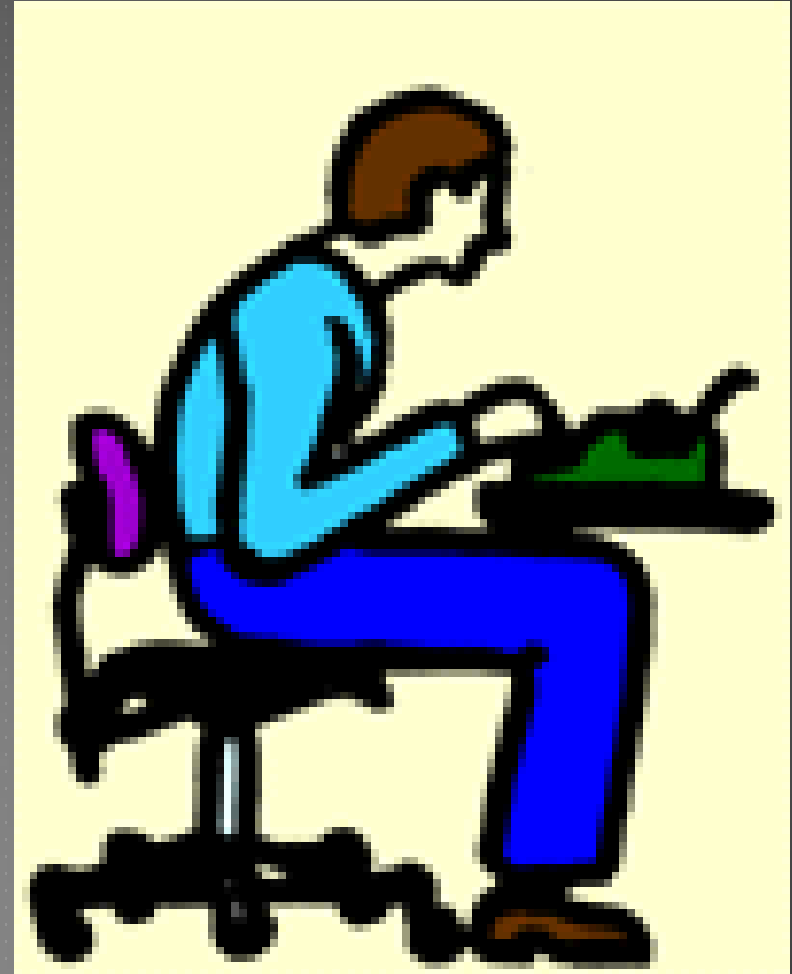
THE MOST COMMON SLUMP

- ▶ Unsuitable work place furniture
- ▶ Insufficient breaks
- ▶ Stresses the back, neck, shoulders and arms



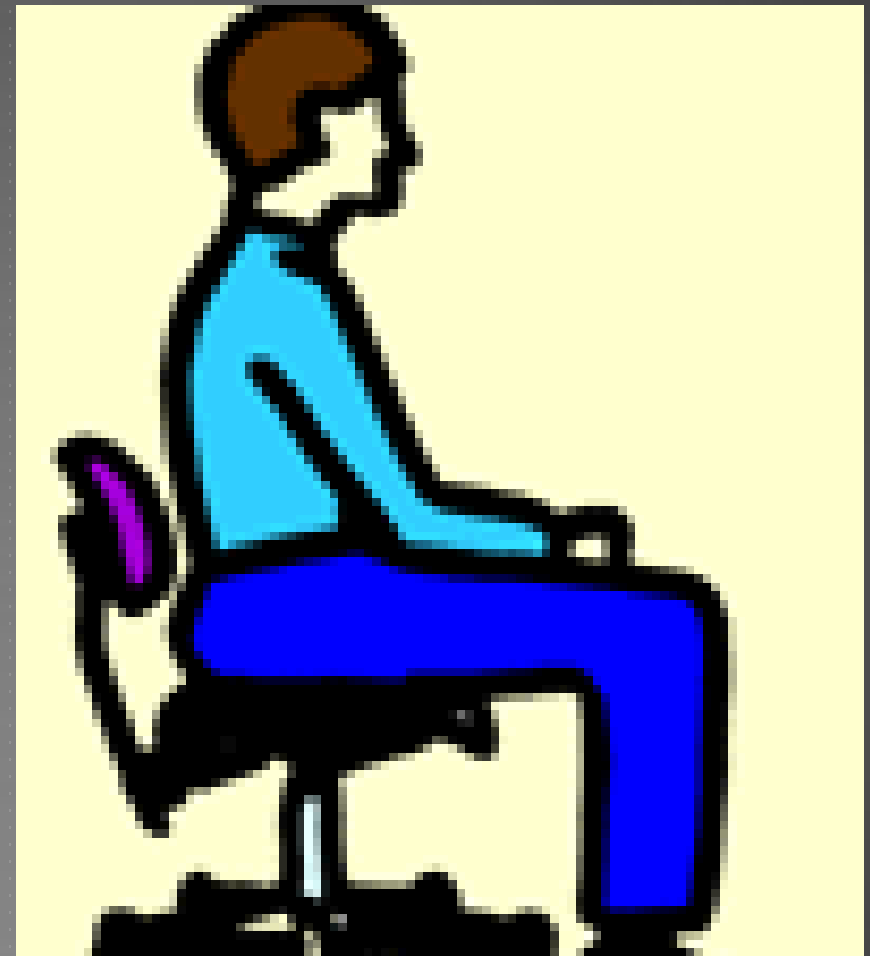
THE WORST POSTURE

- ▶ Motivated worker
- ▶ Injury to the nerve roots and neck muscles
- ▶ Resulting disorders:
 - Fibromyalgia
 - WRMD
 - RSI



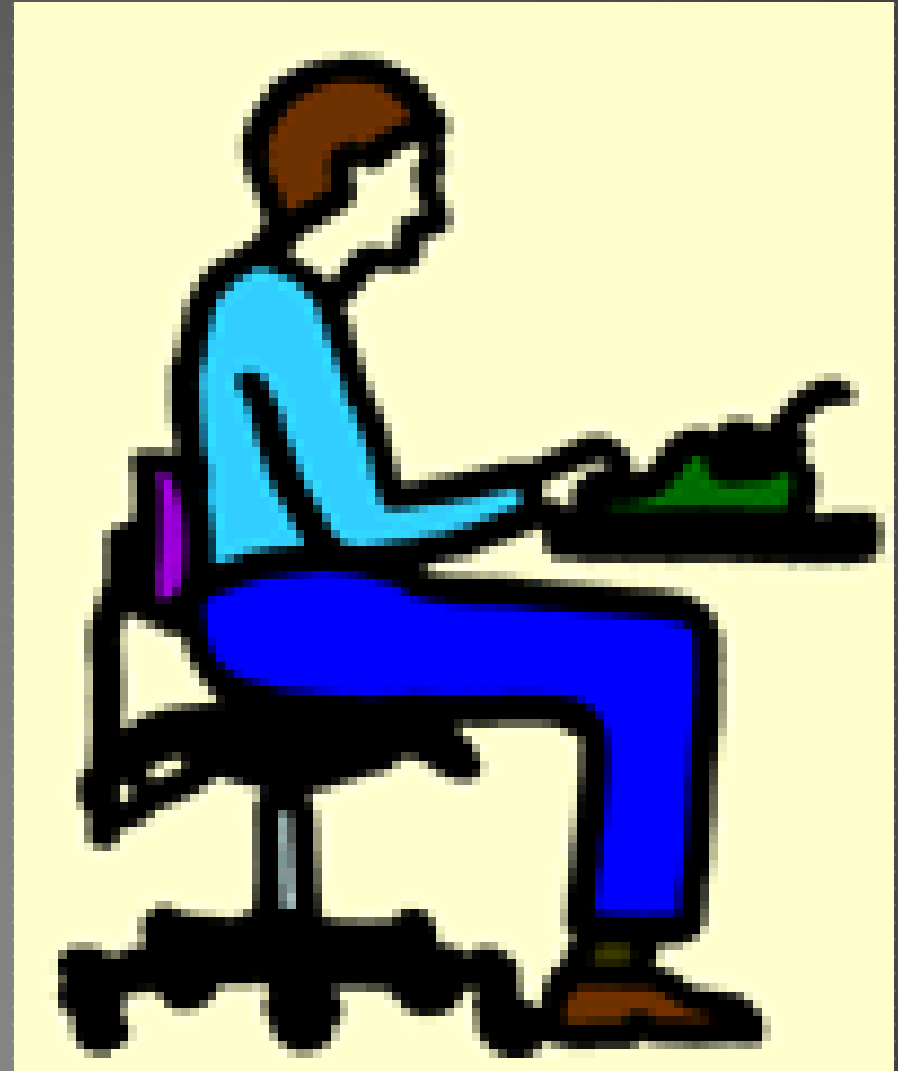
3 X 90 PROPER POSTURE

- ▶ 25% of the load off the lower back with arm rest
- ▶ Allows proper muscular and spinal support



3 X 90 PROPER POSTURE

- ▶ Elbow, hip and knee angles at 90 degrees
- ▶ Train to sit vertically



MOVE AND STRETCH



10-20 seconds
2 times



10-15 seconds
2 times



8-10 seconds
each side



15-20 seconds



3-5 seconds
3 times



10-12 seconds
each arm



8-10 seconds
each side



8-10 seconds
each side

MOVE AND STRETCH



10-15 seconds
2 times



Shake out hands
8-10 seconds



10 seconds



10 seconds

BENEFITS OF STRETCHING

- ▶ Stress relief
- ▶ Pain relief
- ▶ ↑ Mobility
- ▶ ↑ Range of motion
- ▶ ↑ Circulation
- ▶ Improved posture

EXERCISES IN THE CHAIR

- ▶ Chair Dips
- ▶ Hip flexion and extension
- ▶ Knee lifts
- ▶ Side bends



The City Presque Isle in Northern Maine adapted an existing “Sit for 60, Move for 3” concept from the Maine Cardiovascular Health Program, taking it from an idea to a policy.

Sit For 60, Move For 3

Physical Activity Break Guideline

**All meetings lasting more than 60 minutes will include a physical activity break of at least 3 minutes for every hour of sitting time.
(This can apply to office sitting time too!)**

To ensure the physical activity break guideline is put into action always designate one person at the beginning of meetings to be responsible for announcing the time for a physical activity break, just as you would designate a meeting facilitator or record keeper.


Examples of Move For 3 Physical Activity Breaks

- Going up and down a few flights of stairs
- Walking back and forth in a nearby hallway
- Taking the stairs to go outside and walk around the building
- Participate in a group stretching activity right at the meeting table

MIND YOUR PHYSICAL ACTIVITY!

- ▶ Walk from parking
- ▶ Take stairs
- ▶ Walk to water fountain
- ▶ Deliver the message
- ▶ Walk to a photocopier
- ▶ Crunch at lunch
- ▶ Set a reminder

HANG A POSTER!



Physical
activity will
add years
to your life,
and life to
your years.



RECORD DAILY ACTIVITY

- ▶ Wear a pedometer
- ▶ Set a goal
- ▶ Be accountable
- ▶ Invite a coworker
- ▶ Find activities you enjoy

CONCLUSIONS

- ▶ 24 hours = 16 hours for living + 8 hours for sleep
- ▶ What you choose will impact your overall health
- ▶ Make conscientious effort to move every hour
- ▶ Do your work standing if possible
- ▶ Try to move as much as possible

The data is clear, whatever you choose,
beware of sitting!



Jack LaLanne message of, "Get up, work out and feel better."

REFERENCES

- ▶ Dunstan, D.W. et al. 2010. Television viewing time and mortality: the Australian diabetes, obesity and lifestyle study (AusDiab). *Circulation* 121: 384-391
- ▶ Healy, G.N., et. al. 2011. Sedentary time and cardio-metabolic biomarkers in US adults: NHANES 2003-06. *European Heart Journal* first published online January 11, 2011 doi: 10.1093/eurheartj/ehq451
- ▶ www.sparkpeople.com
- ▶ www.WELCOA.org

THANK YOU FOR COMING

Happy exercising !