

# FITTING FITNESS IN

*Even When You're Pressed for Time*

## GET STARTED WITH EVERYDAY ACTIVITIES

As a busy person, it's good to know that physical activity does not have to be strenuous, formal or time-consuming to be good for you. For example, any physical activity burns calories, so even short sessions of informal activity can add up to pounds lost over time (if calorie intake does not increase). Take a look.

ACTIVITY	MINUTES	DAYS/WEEK	POUNDS/YEAR*
Walk briskly part of the way to, or home from, work	<b>10</b>	<b>5</b>	<b>4</b>
Use the stairs whenever possible	<b>5</b>	<b>5</b>	<b>2</b>
Take a brisk walk during lunch	<b>10</b>	<b>5</b>	<b>4</b>
Walk briskly to off-site business meetings	<b>10</b>	<b>2</b>	<b>2</b>
Ride a stationary bicycle while reading the paper or listening to music	<b>10</b>	<b>5</b>	<b>5</b>
Jump rope during television commercials	<b>10</b>	<b>5</b>	<b>8</b>
Clean up around the house	<b>15</b>	<b>3</b>	<b>2</b>
Bicycle to do errands or visit friends	<b>20</b> (round trip)	<b>1</b>	<b>2</b>
Play actively with your children	<b>15</b>	<b>7</b>	<b>7</b>
Go grocery shopping	<b>30</b>	<b>1</b>	<b>2</b>

\*Calculations are based on calorie expenditure for a 70 kg (154 lb) person. Weight loss may vary depending on initial weight and intensity of the activity.

## GET STARTED WITH EVERYDAY ACTIVITIES—SELF ACTIVITY CHART

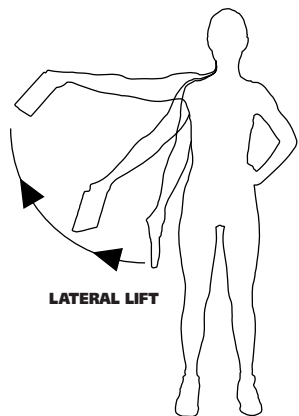
Use the following chart to include everyday activities in your busy schedule, and chart progress. Choose one activity to fit into your workweek and write it in the chart. Take a few weeks to get accustomed to the activity, then add another. Repeat the process until you have successfully incorporated 150 minutes of activity into your workweek—30 minutes, 5 days a week. The first row is filled in as an example.

ACTIVITY	TIME	DAYS/WEEK	TIME/WEEK
Walk the dog	<b>10</b> minutes	<b>3</b> (M,W,F)	<b>30</b>

**TOTAL: MINIMUM OF 150 MINUTES**

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## BUILD MUSCLE ENDURANCE



LATERAL LIFT

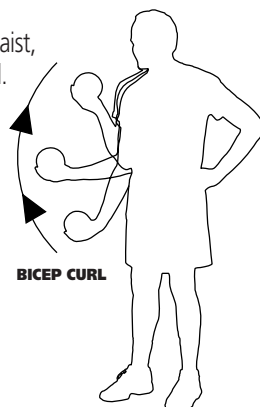
The following upper-body exercises can be done in 10 minutes in the privacy of your own office, at home or in a hotel room.

### LATERAL LIFTS

- Stand with one hand on your waist. In your other hand, hold a book, paperweight, or other heavy object. Slowly lift the weighted arm sideways until it reaches shoulder height, pause, then lower. Repeat 10–15 times with each arm.

### BICEPS CURLS

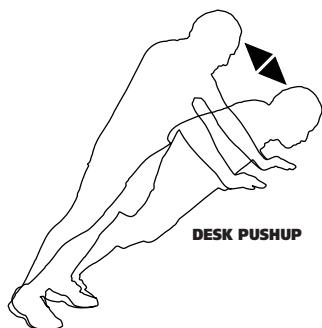
- Stand with your elbows close to your waist, arms at your side, palms facing forward. Hold a book, paperweight or other heavy object in one hand. Curl the weighted hand toward your chest, pause, then lower. Repeat 10 times with each arm.



BICEP CURL

### DESK PUSHUPS

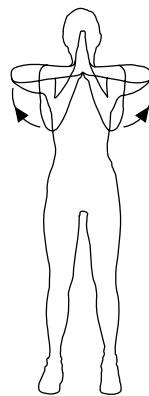
- Stand with your hands on your desk, arms straight, shoulder-width apart. Put your feet together, keeping your back straight, slowly bend your elbows so that your head leans in toward the desk, then straighten. Repeat 10–15 times.



DESK PUSHUP

### CHEST PRESSES

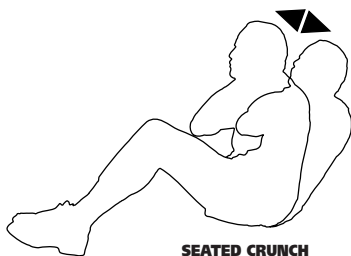
- Put your palms together in front of your face, forearms slightly apart. Pressing palms together, slowly lift your elbows until your elbows are at chin level, pause, then lower. Repeat 10–15 times.



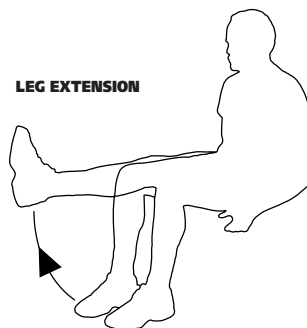
CHEST PRESS

### SEATED CRUNCHES

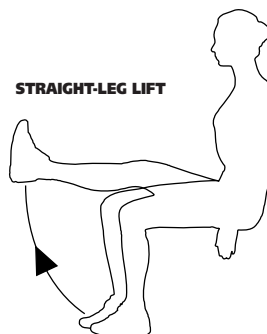
- Sit on the edge of a stable chair with feet positioned on another chair, cross arms over chest. Lean back and partially raise trunk toward bent knees. Repeat 5–10 times.



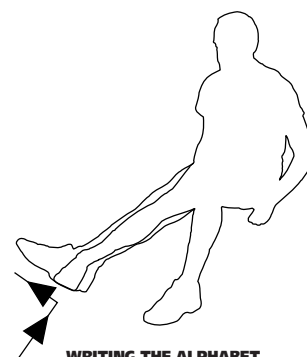
SEATED CRUNCH



LEG EXTENSION



STRAIGHT-LEG LIFT



WRITING THE ALPHABET

### LEG EXTENSIONS

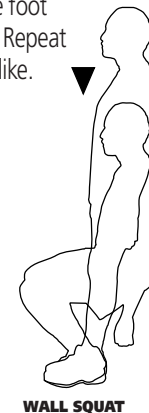
- Sit on a chair with your feet on the floor. Flex one foot and slowly straighten the leg, pause, then lower. Repeat 20 times on each side. Use ankle weights, if you like.

### STRAIGHT-LEG LIFTS

- Sit on a chair with your feet on the floor. Flex one foot, straighten, then lift the entire leg off the chair. Hold for 20 seconds, then lower. Repeat 3 times with each leg.

### WALL SQUATS

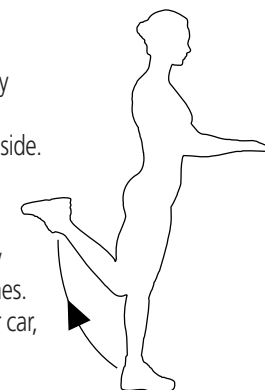
- Stand with your back against a wall. Lower yourself into a seated position, and hold for 30 seconds. Repeat 3 times.



WALL SQUAT

### HAMSTRINGS CURLS

- Stand and hold onto a file cabinet, book shelf or chair for support. Slowly lift your heel toward your buttocks, then lower. Repeat 20 times on each side. Use ankle weights, if you like.



HAMSTRING CURL

### BUTTOCKS SQUEEZES

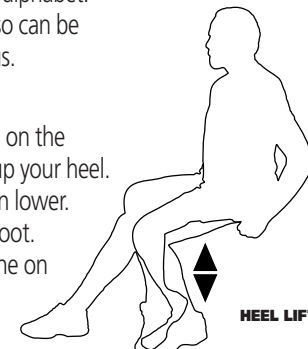
- Tighten your buttocks, hold for a few seconds, and release. Repeat 6–8 times. This exercise also can be done in your car, while sitting in traffic.

### WRITING THE ALPHABET

- Sit at your desk, lift, then rotate one foot to “write” each letter of the alphabet. Switch feet. This exercise also can be done on a train, plane or bus.

### HEEL LIFTS

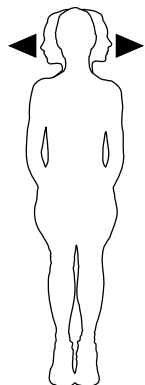
- Sit at your desk. Press down on the toes of one foot as you lift up your heel. Hold for a few seconds, then lower. Repeat 10 times with each foot. This exercise also can be done on a train, plane or bus.



HEEL LIFT

# FITTING FITNESS IN *Even When You're Pressed for Time*

## FIT IN STRETCHES



**SIDE-TO-SIDE LOOK**

To reduce neck, shoulder and back tension that comes from sitting in one place for hours on end, try some of these stretches.

### **SIDE-TO-SIDE LOOKS**

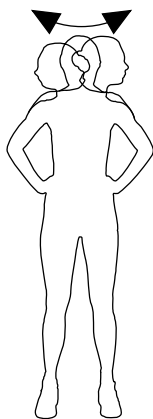
- Look straight ahead. Slowly turn your head to one side, hold for 10 seconds, then return to center. Repeat 3 times on each side.

### **EAR-TO-SHOULDER STRETCHES**

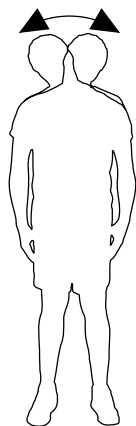
- Slowly lower each ear to the corresponding shoulder, hold for 10 seconds, then return to the upright position. Repeat 3 times on each side.

### **NECK ROLLS**

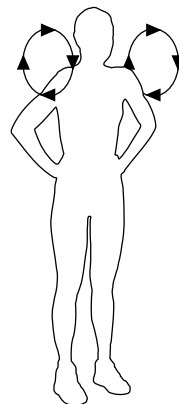
- Lower your head. Slowly roll your neck toward one shoulder, hold for 10 seconds, then roll to the opposite side. Repeat 3 times.



**NECK ROLL**



**EAR-TO-SHOULDER STRETCH**



**SHOULDER ROLL**

### **SHOULDER SHRUGS**

- Sitting in a chair, slowly lift your shoulders up to your ears by squeezing your shoulder blades together, pause, then lower. Repeat 5–10 times.

### **SHOULDER ROLLS**

- Put your hands on your waist. Slowly circle your shoulders forward 10 times. Repeat, circling backward.

### **SHOULDER CIRCLES**

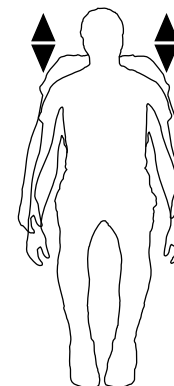
- Extend both arms sideways at shoulder height. Rotate arms 10 times in small, forward circles. Repeat, circling backward.

### **LOWER-BACK STRETCHES**

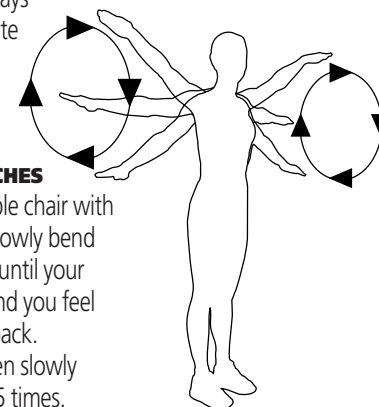
- Sit on the edge of a stable chair with your feet on the floor. Slowly bend forward from the waist until your hands touch the floor and you feel a stretch in your lower back. Hold 10–15 seconds, then slowly rise back up. Repeat 3–5 times.



**LOWER-BACK STRETCH**



**SHOULDER SHRUG**



**SHOULDER CIRCLE**