

CATEGORY:	TITLE:	WRITER:	DATE:	FILE NAME:	DATABASE:
Exercise	Exercise on the Job	Bettina Marks	August 17, 1999	EX_2009.doc	

DISEASE STREAM					GENDER			AGE RANGE							
DIA	HBP	HC	HD	GH	M	F	B	0-9	10-19	20-29	30-39	40-49	50-65	65+	ALL
							X						X	X	

EXERCISE ON THE JOB

STRETCH AND MEDITATE

TAKE WALKS AND USE THE STAIRS

EXERCISE FOR BUSINESS TRAVEL

Are you stuck at a sedentary job from 9 to 5? Most of us are, so you are not alone. Do you get headaches from sitting in front of the computer screen and from the fluorescent lights in the office? Does your back start to hurt from sitting for so many hours? Do you get neck and shoulder pain from the tension of the work day?

Ref. 4 p. 3

At your desk you can do deep breathing and minimal stretching exercises to alleviate the stress that forms in your neck and shoulders. During the day try to take a brisk walk for at least 10 minutes. You will feel energized and able to deal with the pressures of the day more efficiently.

Ref. 6 p. 5

You *can* get exercise during the work day if you make the effort. Thirty minutes a day of exercise is recommended by the National Blood, Heart and Lung Institute.

Ref. 3. p. 1

However, it is not necessary to do all at once. You can break up the 30 minutes into two fifteen minute or 3 ten minute sessions. Even moderate intensity levels of exercise are beneficial and can easily be fitted into your busy work day.

Ref. 3 p. 1

MEDITATE

Try meditating through an awareness of your breathing, the foundation practice of mindfulness meditation, which you can practice initially for only a ten minute period at your seat during the course of your day.

Ref. 4 p. 3

By slowing down and focusing solely on your breathing for a ten minute period, stress will be reduced by:

Ref. 4. p. 3

- Lowering your blood pressure
- Lowering your rate of breathing

Ref. 4. p. 3

Ref. 4 p. 3

Ref. 4 p. 3

Ref. 4 p. 3

- Lowering oxygen consumption and carbon dioxide production
- Lowering overall reduction of metabolic rate. This is what researchers call a “relaxation response”.

TAKE WALKS AND USE THE STAIRS

Ref. 1. p. 2

Ref. 1 p. 2

Ref. 1 p. 2

Ref. 1 p. 2

Ref. 1 p. 2

Ref. 1 p. 2

Ref. 1 p. 2

Ref. 1 p. 2

Ref. 1 p. 2

- Walk down the hall to talk to an associate rather than using the telephone or e-mail.
- Brainstorm projects with a co-worker while taking a walk.
- Stand while talking on the telephone.
- Take the stairs instead of the elevator. Get off a few floors early and take the stairs for the remainder of the way.
- Bring sneakers to the office and take brisk walk outside the office on your break or lunch hour and eat at your desk instead.
- Schedule exercise time on your business calendar and treat it like any other business appointment.
- Get off the bus or subway a few blocks early and walk the rest of the way to work or home.
- Join a health club near your office. Work out before or after work or during lunch. Many exercise classes are scheduled during lunch hours to accommodate those of you who want to take classes during that time.
- Suggest to the appropriate people at your company that they designate an exercise room where you can stretch and work out at in the office.

EXERCISE FOR BUSINESS TRAVEL

Ref. 1 p. 2

It is hard to find the time to exercise when traveling on business. However you can try these suggestions to help you manage to get some very necessary exercise into your schedule when you are on the road.

Ref. 1 p. 2

Ref. 1 p. 2

Ref. 1 p. 2

Ref. 1 p. 2

- Walk while waiting for the plane at the airport.
- Carry your own luggage.
- Stay at hotels with fitness centers or swimming pools and make an effort to frequent them.
- Take along a jump rope in your suitcase. Jump and do calisthenics in your hotel room.

TIP

Ref. 3. p. 1

Ref. 1 p.2

Whenever possible try to take a break during the work day to schedule in at least 10 minutes of exercise. Try to take the stairs instead of the elevator.

SUMMARY

Ref. 3. p. 1

It is important to schedule in exercise time during the work day whether you are at your desk and meditating or taking a brisk walk during lunch.

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