

Wellness at Work



DYNASPLINT SYSTEMS, INC.

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Why should I exercise?

Eating a diet with mostly fruits, vegetables and whole grains is a great way to ensure you are getting adequate nutrients. But, even the healthiest eater is missing a key link to a balanced lifestyle if they are not including exercise in their daily activities.

Eating right and being physically active are crucial to reducing your risk of many chronic diseases such as heart disease, diabetes, osteoporosis, and certain cancers. A healthier lifestyle means a better quality of life too!

Exercise can increase energy, help you sleep better, manage stress, improve your mood, increase flexibility and strength. And exercise can help with

weight management! That is quite an impressive list and worth giving exercise another chance.

The update from the US Dietary Guidelines for Americans states we should be physically active for at least 30 minutes most (5) days of the week. Some may need to increase the intensity and the length of the workout to 60 minutes if weight management is the goal.

Being physically active means your body is moving. If you aren't active yet, start slowly and work your way to meeting the USDA guidelines. A good way to start an exercise program is to set a realistic goal and then track your progress. Start with small goals and

work your way toward more long-term goals and permanent lifestyle changes.

Exercise can involve a variety of activities including brisk walking, running, swimming, biking, basketball, dancing, gymnastics, yoga, lifting weights, or hockey.

Find your balance between food and physical activity. Your body and mind will thank you!



What should I eat for optimum exercise?

Eating proper foods before physical activity can give you the energy and strength you need to finish strong. A healthy diet will increase your overall exercise!

For a pre-activity meal, look for options high in whole-grain carbohydrates, adequate in protein and moderate in fat. Try to moderate your total fiber intake just before a

workout to ensure optimal digestion.

If eating a larger meal before exercise, you should do so three or four hours before. Closer to the activity, have a small snack such as fruit. This will give you the last-minute boost your body needs. Practice figuring out what works best for you and your body!

Here are some great pre-exercise snacks:

- Peanut butter & toast, piece of fruit
- Fruit & yogurt smoothie, 1/2 cup low-fat granola
- 1 cup Oatmeal, almonds, skim milk & banana
- Low-fat cottage cheese, apple butter, 6 crackers, 1/2 cup fresh grapes
- Low-fat tuna melt sandwich, piece of fruit

Top 5 At-Home Exercises

TECHNIQUE IS KEY TO SUCCESS!

1. **PUSH-UP:** ASSUME THE CLASSIC PUSHUP POSITION: LEGS STRAIGHT, HANDS BENEATH YOUR SHOULDERS. NOW BRACE YOUR CORE. KEEPING YOUR BODY RIGID, LOWER YOURSELF UNTIL YOUR CHEST TOUCHES THE FLOOR. THEN PUSH BACK UP UNTIL YOUR ARMS ARE EXTENDED.
2. **BODY WEIGHT SQUATS:** STAND WITH YOUR HANDS BEHIND YOUR HEAD, YOUR CHEST OUT, AND YOUR ELBOWS BACK. SIT BACK AT YOUR HIPS AND BEND YOUR KNEES TO LOWER YOUR BODY AS FAR AS POSSIBLE WITHOUT LOSING THE NATURAL ARCH OF YOUR SPINE. SQUEEZE YOUR GLUTES AND PUSH YOURSELF BACK TO THE STARTING POSITION. PUSH THROUGH YOUR HEELS.
3. **STEP-UPS:** PLACE ONE FOOT ON A STEP AND PUSH DOWN THROUGH YOUR HEEL TO LIFT YOUR OTHER LEG UP. RETURN TO THE STARTING POSITION AND FINISH ALL REPS WITH ONE LEG BEFORE SWITCHING LEGS AND REPEATING THE EXERCISE.
4. **SUPERMAN:** LYING FACE DOWN ON A MAT, EXTEND YOUR ARMS AND LEGS OUT STRAIGHT. AT THE SAME TIME, GENTLY RAISE YOUR ARM, HEAD & LEGS. HOLD FOR 1 SECOND AND THEN SLOWLY LOWER BACK TO THE STARTING POSITION.
5. **ABDOMINAL CRUNCHES:** LYING ON YOUR BACK, BEND YOUR KNEES AND PLACE YOUR FEET FLAT ON THE FLOOR. KEEP YOUR HANDS BEHIND YOUR HEAD OR JUST AT YOUR EARS. USING YOUR ABS (NOT YOUR SHOULDERS & HANDS) GENTLY CURL UP 12 INCHES FROM THE GROUND, PAUSE AT THE TOP, & THEN SLOWLY LOWER YOUR BODY BACK TO THE STARTING POSITION.

-FROM CERTIFIED PERSONAL TRAINER:
ASHLEY HEPBURN