

WELLNESS COUNCIL OF AMERICA PRESENTS

Fitness That Works

SIMPLE MOVES TO MAKE EXERCISE HAPPEN FROM 9 TO 5



SITTING JOURNAL

Sitting Journal

Sitting Down On The Job!

Researchers point out the modern sedentary American workplace (or what has been referred to as a “desk sentence”), may contribute more to the decline of our health and fitness than we ever imagined. Researchers are beginning to understand the impact this type of “sedentary work-style” has on one’s health and life. (See the side bar about sitting versus squatting-lifting on page 107).

According to Barbara E. Ainsworth, an exercise researcher from the American College of Sports Medicine, “I think occupational activity is part of that missing puzzle that is so difficult to measure, and is probably contributing to the inactivity and creeping obesity that we’re seeing over time.” Dr. James Levine, also an expert in the field of inactivity and health from the Mayo Clinic, has determined that how individuals spend their work day can have a dramatic impact upon their waist-line, metabolism, calorie burning, health and longevity. According to Dr. Levine, the average American employee spends the majority of their time seated. Estimates range from seven to eight hours per day at their desk or at lunch as well as an additional five to six hours seated while commuting, watching TV or on their computer seated at home. Dr. Levine states from his research, “Excessive sitting is a lethal activity.”

But there is hope. According to Levine, small movements performed throughout one’s day (such as the Simple Moves we have been discussing in this book: squat-lift, reach, step and others) can significantly thwart the decline to one’s health and creeping weight gains. What Dr. Levine refers to as NEAT: Non-Exercise Activity Thermogenesis, or non-sweat activities can be performed throughout your day to help you expend much more energy. Such NEAT activities can have an even greater impact on your health than visiting the gym after work! The best part is that doing these simple movements throughout your day only requires subtle changes to your daily work routine. NEAT exercises have been found to:

- ✓ Burn more calories than a half-hour running on a treadmill;
- ✓ Reduce fatigue by 65%;
- ✓ Lower blood pressure;
- ✓ Enhance creativity;
- ✓ Lower body weight;
- ✓ Improve muscle memory, tone and metabolism;
- ✓ Decrease stress;
- ✓ Increase productivity;
- ✓ And much, much more.



Sitting Journal

YOUR SITTING JOURNAL

How physically active are you in your job? One of the most effective ways to diagnose if you have “Sitting Disease” is to track the amount of time you spend sitting down. Take a moment to determine how much time you spend on your rump, seated. As discussed, recent research is pointing to the impact that sitting throughout the day can have on your personal health and fitness.

Use this form to track the amount of time you spend sitting at work. Be sure to include your commute time as well as lunch and/or break time that you are seated during your day.

Monitor your sitting at work for one week and then do the math: Average total # of hours per day spent sitting down $\times 5 = \underline{\hspace{2cm}}$ (This is your average total # of hours per week / work week spent sitting down). Now take your average total # of hours per week (work week) spent sitting down $\times 4 = \underline{\hspace{2cm}}$ (This is your average total # of hours per month spent sitting down).

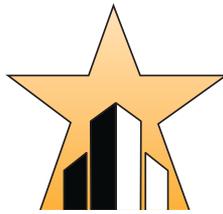
Daily Sitting Scores

Rating	Time Spent Sitting
Excellent	Below 1-2 hours a day along with very active/physical labor during day
Good	2-3 hours a day with moderate movements during day
Average	4-5 hours per day with some light movements during day
Poor	6 or more hours per day with no movement during day

If you scored in the average or poor category, consider the list below to help you move throughout your day.

“Do This —Not That” During Your Work Day

“Do This”	“Not That”
Stand or pace when talking on the phone	Sit when talking on the phone
Take the stairs	Take the elevator
Set your phone alarm to signal you to perform a Simple Move every 30 or 60 minutes (e.g. 10 squat-lifts, or balance moves or reach moves).	Sit all day without moving or taking breaks
Fidget when on the phone	Sit still when on the phone
Take a “walk and talk” meeting with colleagues	Sit down when holding meetings
Stand when doing desk work—place computer on higher table or book case	Sit when performing computer or office work
Take a standing break every 30-60 minutes (stand for 5-10 minutes)	Sit down when drinking coffee or taking a break
Walk fast to copy or coffee machine	Send someone else do to your copying or get your coffee
Stand up and walk to speak or deliver a message to colleagues	Email or text colleagues



Wellness Council of America [WELCOA]

17002 Marcy Street, Suite 140
Omaha, NE 68118-2933
Phone: 402.827.3590 | Fax: 402.827.3594
www.welcoa.org