



LiveWELL Now!

April 6, 2020



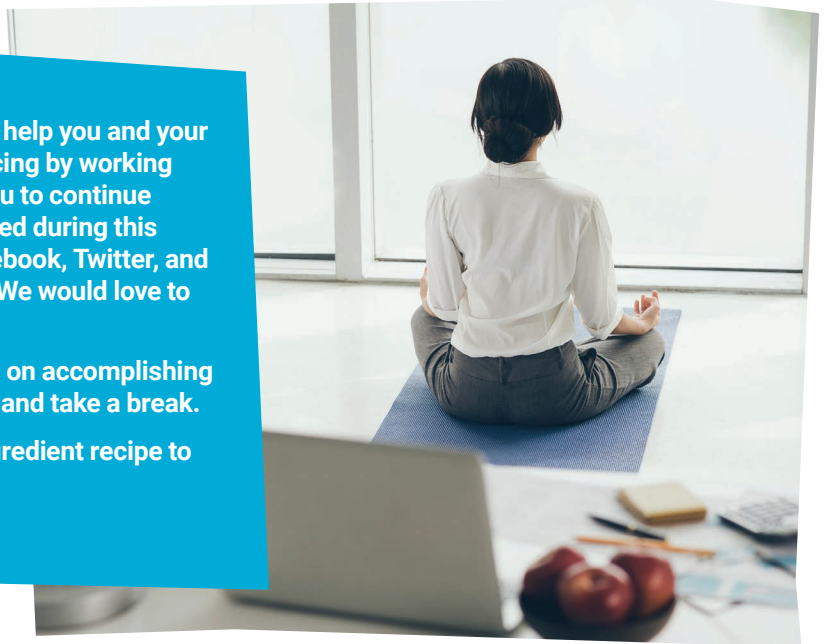
## Community WELLNESS

Best Practices for Working from Home

Wellness AtoZ is sending out weekly communications to help you and your family stay healthy and well as we practice social distancing by working from home. We hope this communication encourages you to continue practicing your health regimen and keeps your spirits lifted during this uncertain time. Connect with us on social media via Facebook, Twitter, and Instagram @GoWellnessAtoZ and tag us #LiveWellNow. We would love to see how you are staying healthy!

**Weekly wellness tip:** Set a timer every 90 minutes. Focus on accomplishing a goal during that time. Once your alarm goes off, get up and take a break.

**Healthy recipe of the week:** Check out this easy three ingredient recipe to make pancakes for a delicious breakfast!



## LiveWELL Now!

Best practices for staying active



**Mindfulness:** Schedule “quiet time” in your day.

**Find balance:** Create or find a new hobby to replace time spent on social media.

**Stay active:** Keep reading below for a deep dive on staying active.

**Social distancing:** Pace yourself during stressful activities and reward yourself after accomplishing a challenging task.

**Hydration:** Don’t wait until you are thirsty to drink water.

**Healthy meals:** Eating eggs in the morning helps to keep you feeling full. They are loaded with nutrients and high-quality protein.

**Family Time:** Make a list of projects and goals to accomplish individually and together.

**Balancing work with kids at home:** Plan out meals for the week. Try doubling meals and freezing what’s left over.

**Stay safe in the sun:** Limit the time you are in the sun during peak hours.

**Transition back to the office:** Prepare snacks and supplies to keep your desk filled with healthy snacks and anything you need to make the transition from working from home to the office smooth.



Even before COVID-19 and social distancing, working from home was gaining popularity for several reasons. Many find that working from home provides increased flexibility in your schedule and more family time. But, working from home can also create challenges. If you aren't intentional in your efforts to stay active and healthy, it is very easy to slip into a sedentary lifestyle. This week, LiveWell Now! is sharing tips and tricks to help you stay active while working from home.

## Set realistic goals

It's essential to set yourself up for success by setting realistic goals that align with your life. You can avoid feeling discouraged about exercising by aiming for an amount of exercise that feels right to you. Make sure to treat exercise as a way to honor your body. It's not a chore—it's something you get to do! Remember to be gentle on yourself and find a physical activity that you do enjoy and find a time in your schedule that works best for your balance.

## Schedule a workout into your daily routine

Habits are very powerful and can keep you on track. Habits are especially helpful when you are working from home. If you schedule something into your day—like a wellness break or quick walk—you are more likely to do it. In the same way that you would schedule a conference call or meeting throughout your day, schedule time for some physical activity. As physical activity becomes a more frequent part of your schedule, it can develop into a habit that keeps you healthy and happy!

## Practice time blocking

One of the biggest differences between working from home and working in an office is how you spend your time! When you work in an office you are more likely to take a break, grab coffee or tea from the local shop, go for lunch, or talk with a coworker. When you work from home, you might feel obligated to stay stationed at your desk to avoid missing any critical updates or requests. But, it is important for your physical and mental health that you continue to take the normal breaks. Practice blocking time on your calendar to take a break for coffee or tea, stretch, go for a walk, chat with a friend, or to just give your eyes a break from screen time.

## Schedule active meetings

Don't forget to go outside and take in the fresh air when you work from home. A great opportunity to get outside is to

schedule an active meeting, where you take your meeting on the go. Apart from the physical health benefits of active meetings, they also stimulate creativity by activating blood flow and increasing relaxation. The next time you have a phone conference meeting or brainstorm with a colleague, try converting it to a walking or active meeting. Your walking meeting will not only benefit you but the person you are meeting with!

## Move at your desk

Moving in some way when you are at your desk is good way to release tension in your body. Did you know that when you are focused or concentrated at work, you unconsciously contract your body? After several hours of focused work, your body can benefit from a few movements to loosen up. A few simple movements you can do right at your desk are rotating your wrists and ankles, stretching your arms above your head, or turning your head from left to right and up and down. Take it a step further, by taking a moment to center yourself and practice mindfulness.

*Information derived from [forbes.com](https://www.forbes.com) and [smashyourtodolist.com](https://www.smashyourtodolist.com)*

Ideally, you should be doing cardio three times a week for at least 30 minutes. If you find that you are pressed for time, you can do quick bursts of exercises in your home. The exercises below are all things you can do in any room in your house.

- Yoga / Pilates
- Squats
- Jogging on the spot
- Plank
- Jumping jacks
- Burpees
- Push ups
- Jumping rope
- Dumbbell lifts (using a heavy object)

*Exercises from [smashyourtodolist.com](https://www.smashyourtodolist.com)*







## HOW TO CREATE A WORKOUT

Many struggle to create their own workout routine. Verywellfit.com provides a simple recipe for creating a workout that is personal to any individual.

1. Choose your workout: Cardio, strength training, or a mixture of both.
2. Choose ten different exercises:
  - If you choose to do cardio, mix up exercises with different levels of intensity. For example, alternate between exercises that are high energy (jumping jacks) and low energy (marching in place).
  - If you choose to do strength training, choose exercise that involve pushes, pulls, front-of-leg, back-of-leg, and core. Exercise that fits these movements are squats, lunges, push ups, and dips.
3. Choose the length of each exercise:
  - Beginners: Start with 10-30 seconds or 8-16 reps.
  - Intermediate/Advanced: 60-90 seconds or 20 reps.
4. Get ready: Set up a timer, put on music or a tv show and begin your warmup!
5. The workout: Do 1 circuit if you are a beginner or short on time. Do 2-5 circuits to intensify your workout.

## SAMPLE STRENGTH TRAINING WORKOUT

Check out this home workout focused on strength training to get you started!

1. March in place: 60 seconds
2. Squats: 20 reps
3. Reverse lunges: 12 reps on each leg
4. Pushups (on the knees or toes): 10-12 reps
5. Dips: 10-12 reps
6. Walking lunge with arms overhead: 10-12 reps
7. Lateral leg lifts: hold for 10-30 secs or 60-90 seconds
8. Planks: hold for 10-30 secs or 60-90 seconds
9. Glute bridge: hold for 10-30 secs or 60-90 seconds
10. Back extensions: hold for 10-30 secs or 60-90 seconds

*Information and workouts adapted from verywellfit.com*

## ON-DEMAND STREAMING FITNESS CLASSES AND WORKOUTS

The rapid changes within the last few weeks have disrupted people's everyday routines—including visits to the gym or attending fitness classes. Thankfully, there are on-demand streaming resources that provide fitness classes and workouts

that can be done from home. These resources also serve as motivation and encouragement to exercise with others!

**Studio Sweat:** Free virtual gym memberships, including access to fitness classes on yoga, Pilates strength building among many cardio and strength training workouts.

**YMCA 360 on Demand:** Instructional videos and short workouts up to 30-minute workouts.

**Active by Pop Sugar:** Multiple fitness categories including boxing, yoga, pilates, cardio, FIIT, dance, low-impact, and strength training and toning.

**Corepower Yoga:** Free access to on-demand yoga videos.

## VIRTUAL FITNESS CLASSES

Social media is a tool that we use to keep us informed and connected. Now social media platforms are being leveraged to help people stay connected and healthy.

**Planet Fitness:** Offering classes on Facebook Live every night at 7 p.m. (EST)

**305 Fitness:** Dance based fitness class live on YouTube every day at 12 p.m. and 6 p.m. (EST).

**Blink Fitness:** Varied workouts every morning at 8 a.m. (EST) on Facebook Live

*Resources derived from verywellfit.com*

