



SPRING FITNESS TIPS

by Cecily Danver, Fitness Specialist

- **Try 10-minute mini-workouts during busy times.**

In the morning try 10 minutes of stretching and calisthenics, then a brisk 10-minute walk at lunch, and 10 minutes of resistance exercises in the evening. Just that little bit will help you stay on track and avoid feeling discouraged about your exercise program. Exercise is a great stress release! Always have your sneakers with you at work.

- **Wear a heart rate monitor.** It's helpful and motivating to know the zones you are training in, the number of calories you've burned and the amount of time you've been exercising. It can help to push you to change it up from week to week and work towards different training goals.

- **Set realistic goals.** Set realistic and achievable goals to help you reach your long-term goal(s). Recognize that there will be setbacks in your training, listen to your body. Focus on achieving and living a healthy lifestyle by eating nutritious foods, exercising and managing

stress healthfully on a regular basis, don't over focus on just weight loss.

- **Make exercise a priority in your schedule.** Your health should be a priority. The best way to make time for exercise in a busy schedule is to put it into your schedule.
- **Add variety to your workouts.** Add variety to your workouts to keep them interesting and fun and to keep you motivated and prevent boredom. By doing a variety of activities you're more likely to work many different muscles which will improve your overall fitness level and will help with avoiding hitting a plateau.
- **Plan ahead for workouts on the road.** If your job requires you to travel, plan ahead, book hotels with low or no-cost fitness facilities, always pack your sneakers and work in frequent walks before or after meetings. Pack a jump rope and resistance bands, these are light and portable --and you can get a total body strength workout in. Do exercises that require no equipment – walking, running, jumping jacks, push-ups, planks, yoga, stretching.
- **Mix up your fitness routine with metabolic workouts.** Circuits are an effective training modality that achieves both cardiorespiratory and resistance benefits. You can also step away from the machines and use medicine balls and dumbbells to change things up. Try to perform many multi-joint total body movements. Focus on total body functional training which are exercises that mimic tasks of daily life.
- **Surround yourself with fitness-minded people.** Put yourself in environments and situations that promote health and fitness. Seek out fellow employees who are living an active and fit lifestyle as it will make it easier for you to do the same. Find friends who are interested in fitness and be there for each other. Besides serving as workout buddies for motivational purposes, you can help each other stay on track.
- **Try something new.** Try something new like a group fitness class and/or a dance class. You might discover it's not only a breath of fresh air for you personally, but your body will reap the benefits as well! You may meet new people with similar interests and goals.
- **Just do it.** Plain and simple: Stop thinking about it and just do it. Don't delay, as something is better than nothing. Instead, just get up and get moving. It sounds very simple but it is an effective and easy way to push yourself. You can always perfect things as you go, but without doing it at all, you won't get anywhere.
- **Try intervals for your cardio routine.** Incorporating interval training into your cardio routine will keep it interesting. Example, do a walk/jog interval on the treadmill, walk for two minutes then jog for one minute – increase/decrease your walking and/or

jogging time as you feel necessary. Interval training will challenge and motivate you.

- **Change your exercise program with the seasons.** It's good to occasionally change up your fitness routine to prevent boredom and to challenge your muscles. Try altering your exercise routine with the change of season. It's easy to remember and doing so keeps things interesting and challenging, and can help motivate you with your workouts. If you have a favorite sport that you can only do in a certain season train for that sport during the off-season.
- **Keep a fitness journal.** Logging your daily fitness activities can be motivating and can help push you to achieve more. Keeping an exercise log and/or a food log helps you stay on track with your goals.
- **Move away from the all or nothing mentality.** When it comes to working out our intention is to always give 100% yet sometimes things happen during our day that can interfere with our plans. On days when devoting an hour to working out might not be possible, avoid the urge to simply skip working out all together and instead condense your workout session, a little exercise is better than none at all. Examples of ways to make your day more active without having to completely restructure your entire schedule:
 - Try to find ways to integrate small bouts of activity throughout your day
 - Set up a 15 to 30 minute circuit that blends strength training exercises with brief cardio intervals
 - Take the stairs instead of the elevator whenever possible
 - Park your car further away from your workplace
 - Take a 10 to 15 minute walk at lunch
 - Do some stretches at your work station
 - Take a 10 to 15 minute walk around the block with your family when you get home
 - Wind down from a hectic day with some yoga and stretches in the evening

BE FIT & BE WELL!

Try to achieve 10,000 steps a day!


Live Better!

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