Workstation Workout: Making the Most of Your Chair Time

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Your Workplace Wellness Program
The Chair Test

1. Do you work seated on a chair?
2. Have you ever shopped on the Internet?
3. Do you watch TV sitting for one hour a day or more?
4. Do you ever eat while watching TV or in the car?
5. Have you ever dated on the Internet?
6. Do you own a recliner?
7. If you go to a party, do you seek out a chair?
8. Look at your sofa. Does it have an imprint of your behind?
9. Do you spend more time with friends electronically than in real life?

Scoring: Give yourself 1 point for each answer.

1-2: Chair pre-addict
3-5: Chair addict
6-7: Chair imprisoned
8-9: Chairaholic!
Sitting Disease? Please Stand . . .

2014 Mayo Clinic Proceedings:

- The negative effect of six hours of sedentary time on fitness levels was similar in magnitude to the benefit of one hour of exercise.
- When sitting for prolonged periods of time, any movement was good movement, and was also associated with better fitness.

http://dx.doi.org/10.1016/j.mayocp.2014.04.026.
Stand Please: Is Sitting the New Smoking?

Increased risk of death

- 190%
- 180%
- 170%
- 160%
- 150%
- 140%
- 130%
- 120%
- 110%
- 100%

Daily time spent sitting

- 0-4 hrs
- 4-8 hrs
- 8-12 hrs
- 12+ hrs

smoking

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Sitting Disease?

- Extended sitting results in “metabolic alterations” that cannot be compensated for by an isolated exercise session.
- Excessive sitting carries health risks that are independent of physical activity levels.
- People with obesity tend to sit 2.25 hours more per day than those who are lean.

The Best Reasons to Move?

- You feel better! It feels good to move!
- You like yourself more
- You can reduce stress and tension
- Musculoskeletal issues are less likely
- You think more clearly
- You have fewer sick days
- The risk of many chronic diseases is reduced
Core & Posture

• Beware the hunched, forward flexed position
STRETCH Tight Muscles

Relieve stress and chronic tension; restore muscle balance
Strengthen your upper back muscles (Traps/Rhomboids)

Keeping these muscles strong is the key to lifelong good posture
Stretch your Hamstrings

- Tight hamstrings can lead to back pain and poor posture
STRETCH your Calf Muscles and your Hip Flexors (unfold your hips)
Functional Strength Exercise: Sit to Stand

- Sit in the middle of your chair; feet flat on the ground and knees shoulder width apart
- Sit to Stand with Balance – raise arms
- Stand & hold one leg
- Add a neuromotor challenge: stand and close eyes
- Stand and turn head side to side

Did you know that lack of leg strength is the number one reason that people end up in assisted care?
Will I live longer if I exercise?

- Sedentary lifestyle: a major contributing factor to early mortality
- High level training: 1.5 to 3.0 hours of vigorous activity a week
- Moderate training: a brisk walk on at least 5 days per week for 30 minutes
- Light-intensity activity throughout the day is even better

Sources:
Physical Activity is different from exercise!

Theoretical Patterns of Physical Activity

Energy Expenditure (METS)

- Sedentary
- Leisure-Time Exercise
- Lifestyle Exercise

Medicine, Exercise Nutrition and Health 1:1, 54-56.
Think Differently

Plank exercise in gym

Functional core work at a desk
Think Differently

Functional core work during leisure time  Core work at work?
Think Differently
“Don’t Steal my Steps”

Walking the dog????

Healthy Inventions????
STRENGTHEN

- Outer Thigh
- Inner Thigh
- Glutes
- Hamstrings
More Office Exercises
Transform Your World Into Your Own Workout Facility!
Chair Yoga Flow

1. Straighten spine and do one deep Sun breath
2. On exhale, hinge forward with flat back and place hands on desk. Inhale, eyes closed.
3. Exhale and round your back, head down
4. Inhale and sit up, lifting your chest and arching your back. Exhale.
5. Inhale as right arm stretches up, exhale over. Repeat on other side.
6. If standing, balance in tree pose, hands in front of heart. Do other side.
7. Twist to right, exhaling. Inhale to return and do other side.
   (If seated, place hands on chair and thigh. If standing, place one hand behind your back and wrap the other arm across your front).
Yoga Chair Postures to Try:
How Can I Incorporate These Movements Into My Day?

✧ What do you do every day?
✧ When could you stand up more? (How about the 20/20/20 rule?)
✧ When could you incorporate feel-good moves at your desk?
✧ How can you increase your steps at work?
✧ Where do you park?
✧ Where do you eat lunch?
Make a Plan for Your Workday Now!

• When will you stand up?
• When will you do the feel-good moves?
• Which moves will you do?
• When will you walk and where?
• Do you need to keep walking shoes (or weather-proof clothing) in your office?
• How will you remind yourself?
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THANK YOU!!