



Fitting In Fitness

For a Healthy Happy Holiday Season



Corporate
Fitness
Works

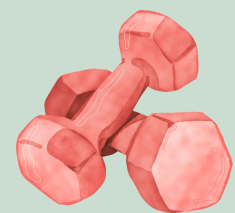
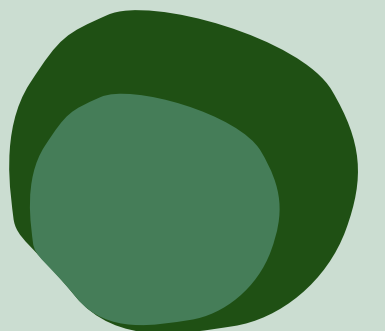
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Fitness Basics



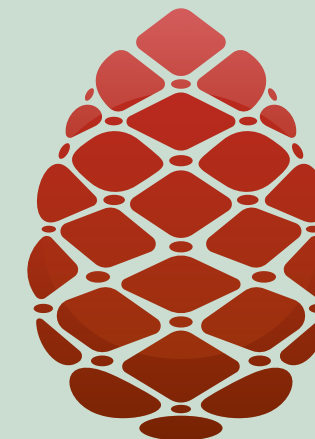
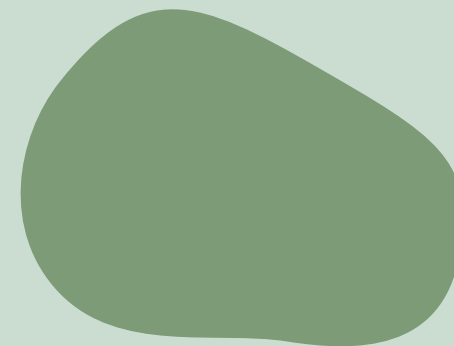
Aerobic Activity/ Cardiovascular Health:

Recommended: 150 minutes of moderate activity or 75 minutes of vigorous activity spread over the course of a week.



Anaerobic Activity/Strength Training:

Recommended: Strengthen all major muscle groups at least two times a week



Types of Training Styles

Strength

- Strength workouts make our muscles stronger by overloading the muscle to allow for muscle growth
- Utilize weights, bands, machines, or body weight

Aerobic

- Aerobic means "with oxygen" and helps keep our lungs, heart, and circulatory system healthy
- Can include running, walking, biking, sports, etc.

Balance

- Balance keeps our body over the base of support
- Practice balancing on one leg
- Walk heel to toe in a straight line
- Try balancing on a wobble board or Bosu ball

Agility

- Ability to move quickly and easily
- Catch a ball with different hands (hand-eye coordination drills)
- Ladder drills
- Jumping drills
- Directional drills

Flexibility & Mobility

- Both are important to allow our muscles to lengthen as well as move through our joint's range of motion
- Stretch when waking up, before bed or before and after exercise
- Maintain good posture
- Yoga



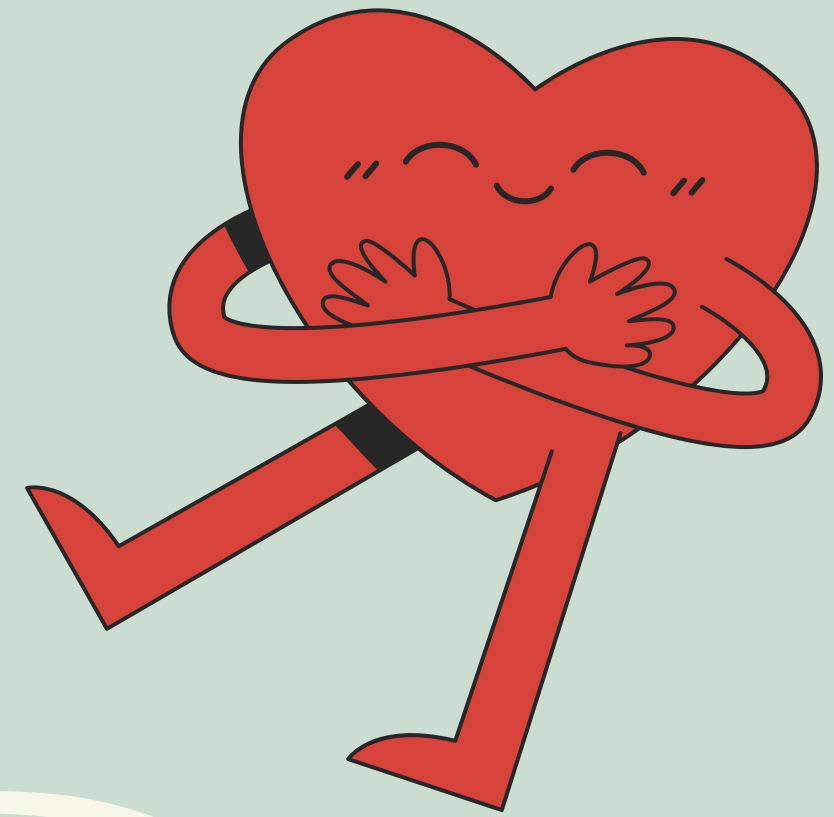
*"Even squeezing in 10
minutes of movement three
times a day has benefits" -
Dr. Erickson*





- Schedule your workouts in just like you would a doctors appointment
- Get an accountability partner/coach

- Do exercises & workouts you enjoy doing
- Aim for 7,500 - 10,000 steps a day (3-5 miles)



- Be an early riser
- Exercise during TV commercials

Mindset Shifts

"You don't need to beat yourself up in the gym"



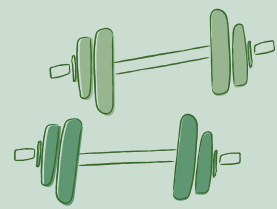
- Redefine "Happy Hour!" Workout with friends instead
- Fit exercise into your daily routine, take the stairs, park in the back of the lot, plan walk & talk meetings



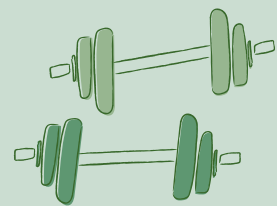
- Reward yourself when you accomplish goals
- Set your workout clothes out at night or pack them for after work



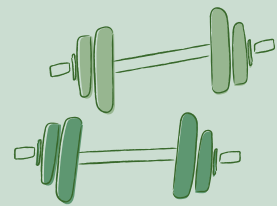
Fitting in Fitness at Home



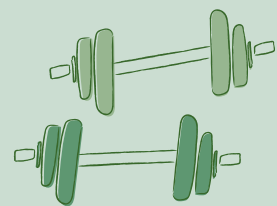
5 to 10 minutes of jumping jacks burns roughly 90 calories in only 10 minutes!



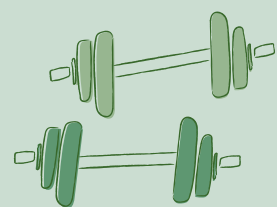
Cooking dinner? Do squats or pushups while waiting.



Do a 100 calorie workout before getting in the shower. 40 jumping jacks, 30 crunches, 20 squats, 10 pushups



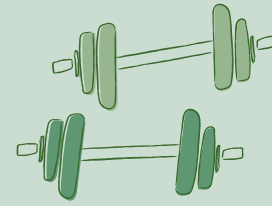
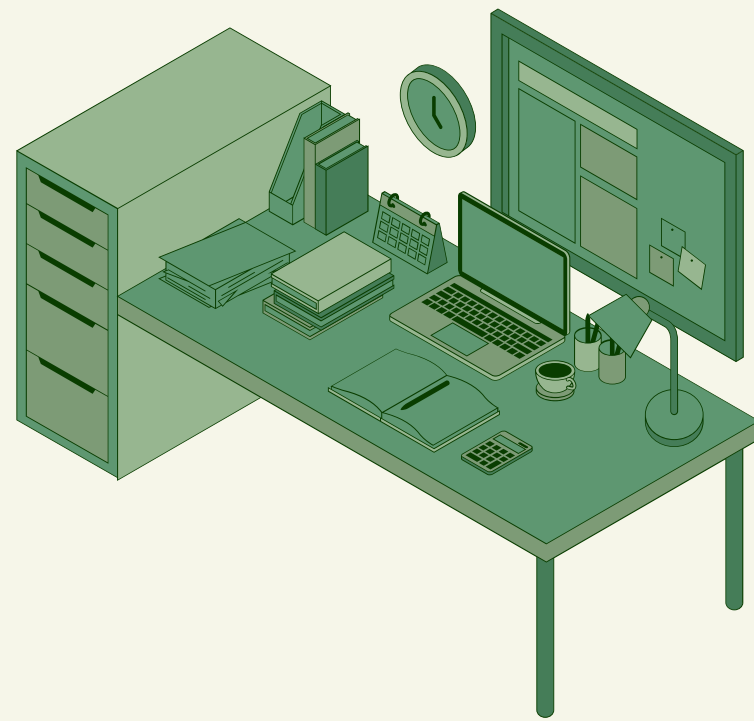
Jog in place! In 5 minutes you can burn roughly 45 calories.



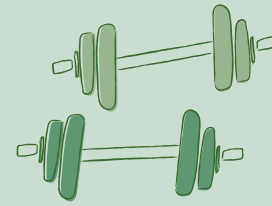
Break up binge watching TV episodes with short workouts.



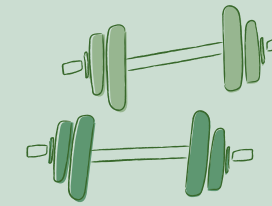
Fitting in Fitness at Work



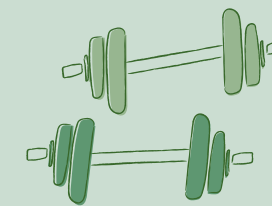
Stretch 3-5 minutes before each meeting.



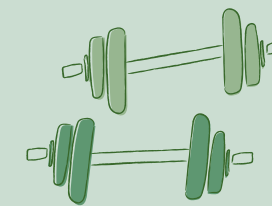
Take the stairs, park in the back of the parking lot, get a desk cycle.



Get up every hour & take a couple laps if you can.



Take a meeting to the treadmill if you're able to.



Wear comfortable shoes!
Stand on both feet as much as possible.



Workouts You Can Do Anywhere

Pick an area you'd like to focus on, full body, lower or upper. From there decide what stage you fall into, beginner, intermediate, advanced. Don't be afraid to challenge yourself! Set a timer for at least 10 minutes and see just how far you get! Go longer if you can!

Beginner

Exercise for 20 seconds, rest for 40 seconds

Full Body Workout

Jumping jacks, Mountain climbers, Jump squats, High knees, Burpees, Plank

Intermediate

Exercise for 35 seconds, rest for 25 seconds

Upper Body Workout

Triceps dips, Pushups, Burpees, Plank shoulder taps, Leg lifts, Superman hold

Advanced

Exercise for 45 seconds, rest for 15 seconds

Lower Body Workout

Air squats, Right leg lunges, Jump squats, Left leg lunges, Kneeling squat, Glute bridges



Weekly Fitting-In-Fitness Tracker

Week: _____

Date	Day	Sleep well	Meditate	Exercise	Gratitude	Eat Well
	Sunday					
	Monday					
	Tuesday					
	Wednesday					
	Thursday					
	Friday					
	Saturday					

Daily Gratitude - Morning

Date: _____

3 things I'm thankful for:	
3 things that will make today amazing:	
3 things I look forward to:	

Daily Affirmation	<i>I am loved. I am capable. I am enough.</i>
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Daily Gratitude - Evening

Date: _____

3 amazing things that happened today:	
3 people I'm grateful for:	
3 things I look forward tomorrow:	

What could make today even better?

Resource Page

- 5 tips for fitting in fitness - Mayo Clinic Health System
- Fitness Fitness basics - Mayo Clinic
- 75 Ways to Fit in Fitness | WW USA
([weightwatchers.com](https://www.weightwatchers.com))
- 25 Easy Ways To Fit In 10 Minutes Of Exercise
([prevention.com](https://www.prevention.com))
- The 5 Types of Fitness Training You Need in Your Routine ([livestrong.com](https://www.livestrong.com))
- Try the 10-Minute Home Workout | American Heart Association
- The Mental Health Benefits of Exercise - [HelpGuide.org](https://www.helpguide.org)

