



# Healthy Telecommuting: Staying Active

Taught by the Harris Health Employee  
Wellness Team

# Healthy Telecommuting Series

- Healthy Workspace
- Staying Social & Safe
- The Importance of Routine
- **Staying Active at Home**
- Communication

# Outline

- Challenges we may be facing
- Benefits to being active
- Recommendations
- Adding movement to your day
- Make moving the easy choice
- Make break time a time to move
- Resources

# Current Challenges



# Benefits to Physical Activity

1. Relieves stress, anxiety, depression and anger.
2. Reduced risk for Type 2 diabetes, heart diseases, stroke, some cancers and dementia
3. Helps manage blood pressure, improve blood flow, manage weight and prevent bone loss
4. Improves our sleep, memory, balance and cognitive ability
5. Gives us more energy and boosts our mood.
6. Keeps us strong as we age.

# Physical Activity Recommendations

- **Fit in 150+**

Get at least 150 minutes per week of moderate-intensity aerobic activity or 75 minutes per week of vigorous aerobic activity, preferably spread throughout the week.

- **Move more, sit less**

Get up and move throughout the day. Any activity is better than none, and even light-intensity activity can offset the serious health risks of being sedentary.

- **Add intensity**

Moderate to vigorous aerobic exercise is best. Your heart will beat faster, and you'll breathe harder than normal. If you can talk, but not sing, you're at about a moderate intensity.

- **Add muscle**

Include moderate-to high-intensity muscle-strengthening activity (like resistance or weight training) at least twice per week.

# Add Movement During Your Working Hours

1. Stick to a daily routine and have a set time for exercise. Put it in your calendar or set an alarm.
2. Walk around during calls.
3. Keep exercise equipment in sight (ex. Hand weights by your workstation)
4. Schedule your break time in your calendar and move.
5. Get up from your seat to eat.

# Make Exercise the Easy Choice

- Put your exercise equipment in sight
- Lay your exercise clothes out in the morning or work in them!
- Choose which exercise you will do for the day before it is time to do it
- No equipment? No problem!
  - Use a towel as a mat
  - Use a chair or wall to stabilize
  - Use canned goods as hand weights



# Make Break Time Move Time

1. Run in place for 30 seconds
2. Dance party for 1 minute
3. Walk your dog
4. Play a quick activity with your kids
5. Stand up and sit down 10 times
6. Read standing up
7. Jumping Jacks
8. Do the hokey pokey
9. See how many squats you can do in 15 seconds
10. Stand up, touch your toes
11. Wall sit while reading
12. One-minute yoga
13. Stretch your hands high over your head
14. Arm circles forward for 30 seconds, arm circles backward for 30 seconds
15. Standing mountain climbers for 30 seconds
16. Stand on one leg, put your hands up, put your hands out to the side
17. 5 lunges on the right leg, 5 lunges on the left leg
18. 30-second plank
19. 20 leg lifts
20. High knees for 30 seconds

# Resources

## Free Online Exercise Classes

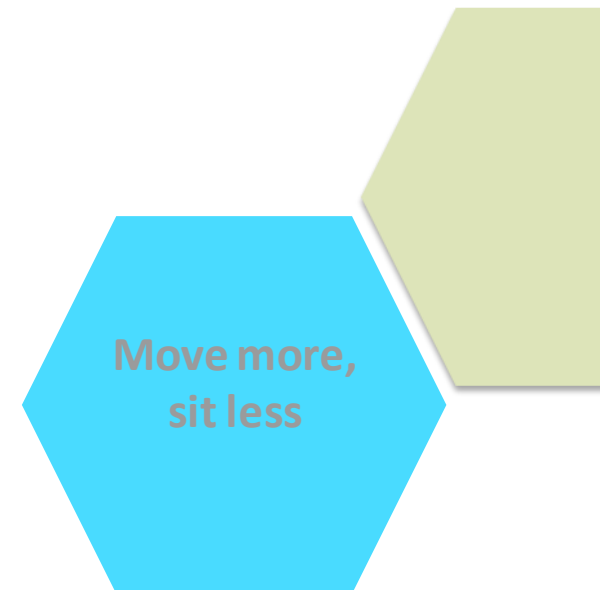
- [YMCA](#)
- [Peloton](#) (Free 90-day trial)
- YouTube
- Fitbit Premium (Free 90-day trial)

## Stress Management Resources

- Employee Assistance Program
  - Online: [www.feieap.com](http://www.feieap.com),
  - Username: hhs
- Well Powered Living
- Cigna Behavioral Health
  - Visit **myCigna.com** or call the toll-free number on your Cigna ID card.
  - Call Cigna Behavioral at **800.274.7603**.
  - Go to **Cignabehavioral.com** for extra resources.
- Coaching
  - Telephonic health coaching: 855-246-1873
  - Onsite health coaching: Contact Latecia Murphy
    - Office: 713-873-6407
    - Email: [Latecia.Murphy@harrishealth.org](mailto:Latecia.Murphy@harrishealth.org)

# Summary

- Physical activity keeps our bodies and minds healthy
- Aim for at least 150 minutes of moderate-intensity activity each week
- Break-up your sitting time and move during your breaks
- Make moving the easy choice



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