

Workout at your work place – Tips

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On an average, people spend more than 3,500 days at work over a lifetime. Many people lead sedentary lifestyles, going to work sitting on public transport or in the car and then spending their working day sitting most of the time, except the odd toilet, lunch or coffee break.

Common reasons for unfit employees include:

- **Technology** -Email and instant messaging have made it much easier to communicate without leaving your chair. Automation has taken the physical aspects out of many jobs, including the need to go to a file room for a paper file because it can now be accessed on the computer.
- **Stress** - Workplace stress not only causes many people to crave carbohydrates (including sugar) and after-work drinks, but it also causes the body to create extra cortisol, which can lead to fatty deposits around the midsection.
- **Commutes** - With longer commute times, some people are not eating breakfast at all or are grabbing a fast-food breakfast from a drive thru. Also, getting home later is causing workers to eat dinner at late hours.
- **Unhealthy Food Choices** - In many cases, people with desk jobs work through their lunch and breaks. When they take the time to eat, it is usually something fast and convenient, such as a snack from the vending machine, more fast food, or a raid on one of the many candy dishes strewn about the office. Many workers who do take advantage of their lunch breaks use it as an opportunity to escape work and go out to lunch with coworkers and friends. Restaurants that cater to this work crowd tend to give larger portions and may not offer the healthiest options.
- **Lack of Physical Activity** - The increasing amount of time people are spending at work and commuting tend to reduce free time for exercising.

What you should do to keep yourself fit

- **Stock Up on Healthy Food** - Bring in healthy snacks, including fruit, vegetables, low-fat yogurt, low-fat whole-grain crackers, whole-grain pretzels, and granola. These snacks should help you avoid temptations from snacks that are high in fat or sugar.
- **Have Face-to-face Discussions** - Instead of picking up the phone, sending an email, or instant messaging coworkers, get up and visit them in person. If they work on another floor, take the stairs.
- **Eat Breakfast** - Skipping breakfast can slow your metabolism and may also make you more susceptible to bingeing later in the day.
- **Take Healthy Breaks** - Take a work break every 20 minutes. During your scheduled breaks (including lunch), be sure to leave your desk. Try to fit in at least short walks (five-minute walks during your mid-morning and afternoon breaks and a fifteen-minute walk during lunch).
- **Pack Your Lunch** - Bringing your lunch will not only save you money, but it will also allow you to control your portion sizes and make smart choices.

- **Start Drinking** - Keep a bottle of water at your desk and drink from it all day. Water is a key component to many weight loss programs.
- **Keep Your Mouth Busy** - By chewing sugar-free gum, you will curb the urge to snack at your desk.
- **Fidget** - Although it won't replace the benefits of true exercise, studies have shown that people who fidget (tap their toes, stand and stretch, and make other extra movements throughout the day) can burn as many as 350 calories more than their sedentary coworkers.

Incorporate some activity

Any activity you do will help you burn 50-100 calories in 15 minutes.

- **Use Under-the-desk Exercise Machines** - These small machines fit under your desk and can allow you to burn extra calories through a pedaling or stepping motion.
- **Replace Your Chair with a Balance Ball** - Forcing your body to balance strengthens your core muscles and helps burn more calories.
- **Start a Weight Loss Support Group** - These groups can take the form of true support groups or they can follow the growing trend of *Biggest Loser*-type competitions among coworkers.

Plan a group activity in the office

A short exercise session at work should be incorporated into the day along with your colleagues. You can use any open space in the office like the conference room, the meeting hall, canteen or office foyer in the break time, or get them to come in an hour early to work.

Do a Yoga session or Zumba or Functional training.
You can put on a video or hire an instructor who can lead the class.

Planning a workout session :

- Helps improve job performance & productivity
- Helps manage stress
- Reduces absenteeism
- Improves health & mood
- Is a great form of team building

Create a Desk Workout - The typical desk workout can take about five minutes.

Popular components of desk workouts include:

Wall push ups

Chair squats

Jumping jacks

Standing torso twist

Water bottle arm curls

Wall Push-up's: Begin by standing in front of the wall with feet together. Place your slightly inverted hands on top of the wall. With your arms a little more than shoulder width apart bend the elbows and try and get your chest as close to the wall as possible then power it back up. Do this 10 times, rest for a moment then repeat.

Squats: Grab a chair and place it behind you. Standing in front of the chair with your feet hip/shoulder width apart, bend your knees and slowly squat towards the chair. Let your butt lightly touch the chair and slowly come back up. Do this 10-15 times Rest for a moment then repeat. You can do this without a chair and can hold dumbbells in both hands to add intensity. Follow this with leg raises, both sideways and front - two sets of 30 reps each.

Jumping Jacks: Begin by standing with your feet together and arms at your sides. Tighten your abdominal muscles to pull your pelvis forward and take the curve out of your lower back. Bend your knees and jump, moving your feet apart until they are wider than your shoulders. At the same time, raise your arms over your head. You should be on the balls of your feet.

Standing torso twist: Stand with your feet shoulder width apart with your hands behind your head and elbows straight out to the side. Rotate your torso 90 degrees to the left, so that you're facing the left side with your upper body but your feet and legs still face forward. Think about leading with your shoulder Hold for a beat, tighten the abs, and then return to the starting position. Repeat on the same side 15 20 times then do the same thing on the right side. Don't rush through Make sure you hold the twist position for a few seconds before your return to centre.

Arm curls using water bottles: Stand with your feet shoulder width apart. Bend your knees slightly and have your hands down the side of your thighs, holding the bottles of water, with your palms facing forwards.

Bend your arms in front raising your hands towards your shoulders. Lower your hands back to the starting position to complete one repetition. It's important not to fully extend or lock out your arms at the elbow joint. This puts pressure on the joint instead of the muscle.