

WEEKEND HEALTH TIPS



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10 Clever Ways to Sneak Exercise into Your Busy Day



No time to get to the gym—or even into your gym shoes? One of the main reasons people don't exercise is that they *think* they don't have enough time. The truth is, you don't need an uninterrupted hour to reap the many benefits of physical activity. The American College of Sports Medicine recommends getting at least 30 minutes a day, five days a week (and up to 50 minutes for people who need to lose a significant amount of weight), but that can be spread out across multiple mini-sessions. Below are some creative ways to squeeze exercise into your daily juggling act without dropping a single ball.

1. **Make the kids' activity time your activity time.** Do you find yourself with time on your hands waiting at basketball practice, dance rehearsals or another activity? Turn that down time into exercise time. Instead of reading or scrolling through Facebook, get in 45 minutes of walking or jogging—outside if weather permits, or up and down the halls of the school if not.

2. **Burn calories during conference calls.** Next time you're stuck on a conference call—particularly if you're doing more listening than speaking—put it on speaker, stand up and get moving. There are plenty of exercises you can do in your office, such as lunges, squats or planks.

3. **Work while you watch.** Who says exercise isn't entertaining? During your next Netflix binge, hit the floor or the mat for some crunches, leg lifts or lunges. If you have free weights handy, incorporate some biceps curls, shoulder presses and triceps extensions. Before you know it, you'll have done a full-body workout and caught up on your favorite shows. Check out the [SparkPeople Commercial Break Workout](#) for ideas.

4. **Ignore the elevator.** Whether you're at work, a doctor's appointment or the mall, bypass the elevator and hit the stairs instead. You can burn more than 100 calories just by climbing the stairs a few times a day. Plus, it helps to strengthen your muscles while boosting cardiovascular health.

(Cont. on Page 2)



In This Issue:

- **Get Fit on the Go!**
10 Ways to Sneak In Exercise
- **60 Second Health & Fitness Boosters**
- **NEW! Financial Wellness Series**
- **NEW! Healthy Cooking Demo**
- **LiveWell Series**
Upcoming Sessions

Get Fit on the Go (Cont.....)

- 5. Weigh yourself down.** Burn more calories while running errands or walking by wearing a weighted fitness vest. There are thin-profile styles available that can be worn under your regular clothes.
- 6. Turn social hour into power hour.** Instead of meeting your friends for coffee or cocktails, catch up while walking at a local track or park. You'll reconnect while logging some serious mileage—and there's no tab to pay at the end.
- 7. Get lean in line.** Next time you're stuck in line or find yourself standing for a few moments, do some [calf raises](#). You'll burn a few extra calories while working toward shapely legs.
- 8. Play.** It's easy for busy parents to get into an "all work, no play" mentality—but resurrecting a childlike spirit is a great way to get moving. The next time your kids are playing tag, riding their bikes or jumping on the trampoline, join them. They'll love watching you have fun, and you'll benefit from the quick cardio boost.
- 9. Clean.** You have to do it anyway, so you might as well give yourself some extra exercise credit. A 150-pound person will burn almost 300 calories from one hour of heavy housecleaning. Grab the vacuum and make those calories disappear! Get tips for [turning spring cleaning into spring training](#).
- 10. Sit down to work out.** With our [seated workout videos](#), you can tone up and burn calories right from your chair. Speaking of sitting, consider trading your desk chair for a stability ball. Sitting on the ball works the muscles in your abdomen, lower back and hips, so you'll get a core workout while catching up on emails. Using a standing desk also burns more calories than sitting.



Household Chores Calories Burned:

Mopping:
1 Hour = 153 Cal

**Hand Washing
Floors:**
30 Min = 187 Cal

Scrub the Tub:
15 Min = 90 Cal

Vacuuming:
30 Min = 119 Cal

Sweeping:
30 Min = 136 Cal

Cleaning Windows:
30 Min = 167 Cal

**Rearrange the
Closet:**
30 Min = 85 Cal

(All calorie counts are estimates based on a 150-pound person, and will vary with intensity, body composition and weight. From Huffington Post Healthy Living)

60-Second Health and Fitness Boosters



Simple Ways to Improve Your Health--Almost Instantly!

Quick and easy changes can really improve your immediate health and wellness. So just how quick is quick? One minute—that's it! Try any one of these 60-second activities to easily reap the healthy benefits.

- 1. Drink a tall glass of water.** We all know the many [health benefits of drinking water](#), but did you also know that even mild dehydration can cause fatigue? So, the next time you feel your energy waning, grab a glass of cold water and guzzle it down!
- 2. Twist it out.** So many of us spend every weekday seated in front of a computer. Not only can sitting all day wreak havoc on [your posture](#), but it can also compress your spine and exaggerate its curvature. Not fun. A simple twist can help undo this. As you sit in your desk chair, simply twist your upper-body to one side, hold for 30 seconds, and then repeat on the other side.
- 3. Take a deep breath.** For a quick pick-me-up, simply take five deep breaths. Slowly inhale for at least five seconds and exhale for 10 seconds each time. Your body will thank you for the extra oxygen.
- 4. Do 20 jumping jacks.** Research has shown that [long periods of sitting can be detrimental to the body](#) and our overall health. So get up out of that chair and jack it out! Just one minute of jumping jacks is an easy way to get your heart pumping and blood flowing.
- 5. Smile.** [Smiling can actually make you happier](#). So go ahead—smile!
- 6. Go outside.** You've probably heard the health buzz about [vitamin D](#) lately. Preliminary research suggests that vitamin D helps regulate the immune system, supports heart health, can help normalize blood pressure and promotes healthy aging. Vitamin D has also been linked to improved mood. If you have a minute to spare, step out into the sunshine!
- 7. Put on a favorite song.** There's nothing quite like your favorite music to perk you up and get you feeling good. Listening to music has been shown to improve immunity and release endorphins. Bonus points if you dance along!

SASD Wellness News

SASD LiveWell Series

Meal Planning & Grocery Shopping

March 9th and 14th

5:30pm South High School - LGI Room

Presented by: Jessica Mella, Prevea Dietician

*Join Jessica to learn better ways to navigate the grocery store while finding ways to reduce the stress of meal planning for your family. Learn more about the simple NuVal system at Festival Foods as well and come home with strategies to make meal planning easier and a grocery list you can feel good about. **(Attend this session and be entered to win a Guided Grocery Store Tour with Prevea)***
No Registration Needed. [Click HERE](#) for Full Series Details.

Healthy Cooking Demo! (Part of the LiveWell Series)

March 16th - 5:30pm

Farnsworth Middle School

Presented by:

Jessica Mella, RD, CD; Prevea Registered Dietician

NEW! Financial Wellness Series

•Session 1 “Estate Planning & Wills”

April 18th / 5:00-6:00pm

•Session 2 “Maximizing Your Retirement”

May 16th / 5:00-6:00pm

Presented by Huhn, Wessel & Company

South High School - LGI Room

*Earn 10 Wellness Points for Attending
Attend both sessions and earn 25 Points!*

Spouses are welcome to attend!

Interra Health New Hire!!!

Interra Health has hired a 3rd Nurse Practitioner to the team!

Please welcome Ms. Laurie Benkley! Laurie is excited to be serving the Healthcare needs of SASD.

Fitness Classes: (Drop-ins Always Welcome!!!!)

SPARK

Tues & Thurs 4:30pm
Horace Mann Gym C
Instructor: Sarah

IGNITE

Tues & Thurs 5:15pm
Horace Mann Gym C
Instructor: Sarah

BootCamp

Mondays 4:30pm
South H.S. Room 116
Instructor: Nikki

Yoga

Tuesdays 3:30 & 4:30pm
South H.S. Room 116
Instructor: Nikki

Zumba

Mon & Wed 4:45pm
Jackson
Instructor: Penny

Rec Dept. Classes

Click [HERE](#) for schedule

Pickleball

Thursdays 6:45 - 8:45pm
Jefferson