EXERCISE Recommendations:
The F.I.T.T. Principle (frequency, intensity, time, and type)

Cardio:
- Incorporate some type of low intensity warm-up
  - F: 3 or more days per week
  - I: Start at a moderate pace and slowly progress to a higher intensity
  - T: At least 20 minutes per day
  - T: Run, walk, or jog around campus or in place. Walk up and down stairs, do jumping-jacks, or dance around to your favorite music

Strength:
- Try to work all major muscles
  - F: 3-5 days per week
  - I: Somewhat challenging but not causing pain
  - T: 2-3 sets of each exercise, one set should include 8-12 repetitions of the exercise
  - T: Free weights, weight machines, body weight exercises, or resistance bands

Flexibility:
- Try to stretch the muscles used in the exercises
  - F: 2-3 days per week
  - I: Hold the stretch to where you can feel it but it shouldn’t be causing pain
  - T: Hold each stretch for 10-30 seconds
  - T: Stretching, yoga, or any other exercise that requires you to stretch your muscles

SAFETY CHECK BEFORE YOU START
- Begin slowly
- Clear your workout area
- Chairs not on wheels
- Desk secure

EMPLOYEE EXERCISE LEADERS:
Georgia Fiering
Bill Ewing

To find an online version of this brochure visit www.ucohealthycampus.com

For more information about fitness programs please call 974-3155

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**OFFICEWORKOUT**

**BENEFITS OF EXERCISE:**
- Reduce body fat
- Decrease stress, anxiety, and depression
- Increase lean body mass
- Decrease risk for heart disease
- Increase well-being
- Increase overall health
- Decrease risk for diabetes, heart disease and other chronic health conditions

**PRECAUTION BEFORE YOU START:**
Please consult your physician before you begin any new fitness or diet plan

**Chicken Wings**
*MUSCLES USED: Shoulders and upper back*
Stand by your desk and bend over at the waist. Elbows are bent and raised behind you above your back. Lock out your shoulder so it doesn’t move, and lock your elbow. Bend your forearms in and out.

**Bicep Curl**
*MUSCLES USED: Upper arms and forearms*
Hold water bottle in right hand and, with abs in and spine straight, curl bottles towards shoulder then back down to a 90 degree angle.

**Triceps Extension**
*MUSCLES USED: Back of arms and shoulders*
Hold water bottles in right, left, or both hands and lift arm/arms in air. When the arm is next to the ear, bend the elbow, taking the water bottle behind you and contracting the triceps. Straighten the arm and lower down, then repeat.

**Desk Push-Ups**
*MUSCLES USED: Chest and upper arms*
From a standing position, face your desk and put your hands shoulder width apart at the edge of your desk. Walk your feet back until your body is straight. Lower yourself toward the desk until your chest nearly touches it. Push back up until your arms are straight.

**Side Bends**
*MUSCLES USED: Stomach and back*
Hold a water bottle in hand/hands and stretch it up over the head, arms straight as possible. Gently bend towards the left as far as you can, contracting abdominal muscles come back to center and repeat to the right.

**Marching Abs**
*MUSCLES USED: Hip flexors and stomach*
Sit in chair. This will look like you are marching in place. Raise your feet a couple of inches off the floor and keep them there. Raise your right knee up until it's close to your chin and crunch your upper body down to meet it. Then put your leg down and don't touch floor. Alternate legs.

**Isometric Abs**
*MUSCLES USED: Stomach*
Sit in chair. Bring your legs and lock them with your feet flexed directly out at a 90 degree angle. Keep your upper body erect and your lower back squeezed in. Hold for 30 seconds-1 minute.

**Chair Squats**
*MUSCLES USED: Legs and buttocks*
From upright position, while sitting, lift up until your hips are just hovering over the chair, arms out for balance. Hold for 2-3 seconds, stand all the way up and repeat for 16 repetitions.

**Wall Heel Raises**
*MUSCLES USED: Calves*
Stand close to a wall with feet hip-width apart. Press hands against the wall for stability. Lean slightly forward and rise up on your toes on both feet, lifting your heels off the ground, then lower your heels back to the ground.

**Donkey Kicks**
*MUSCLES USED: Back of legs and buttocks*
Standing over the desk with hands on the desk about shoulder-width apart. Now, with your foot flexed, lift one leg straight back then bring it all the way up and move in a back and forth motion.