



Staying Fit at your Desk

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Benefits of Exercise

- Lower Blood Pressure
- Decrease risk of CVD and other disease
- Increase flexibility
- Increase muscle tone
- Decrease fat mass
- Increase “happy” mood
- Increase energy

Be realistic!

- This does not take the place of a regular work-out!
- Is it realistic for your
 - Space
 - Time
 - Location
 - Dress
 - Co-workers

Step 1: Make a commitment



A decision only you can make!

Step 2: Set a reminder

- Outlook Calendar
- Alarm on your watch/phone
- Re-occurring appointment/email
- Phone call from a friend



Step 3: Tools of the trade

- Bands
- Weights (dumbbells or water bottles)
- Body weight
- Exercise plan
- Small equipment-Ball chair/ergometer



Let's try it!

- Stretching
 - Relax & Stretch handout

- Strength Training
 - Exercises Handout

- Cardiovascular
 - Options

Step 4: Make it a habit!



Thank you!



www.uky.edu/hr/wellness/bodyshop.html

Click on Training Information