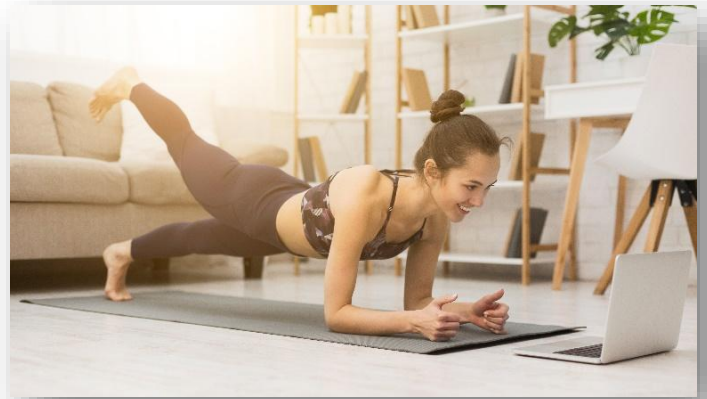


Staying Physically Active While Working From Home

Why stay physically active?

Working from home often leads to more sitting and less physical activity. Remote workers are more likely to spend over 8 hours per day on screens and sitting compared with non-remote workers. A sedentary lifestyle is linked to higher risks of heart disease, diabetes, stroke, depression, dementia, and even early death. The good news is that small changes can make a difference!



How much physical activity?

The World Health Organization (WHO) recommends adults to:

- 150 minutes of moderate-intensity physical activity throughout the week, or 75 minutes of vigorous-intensity physical activity, or a combination of both.
- Muscle-strengthening activities involving major muscle groups on 2 or more days a week.

Many people may initially find it daunting to do 150 minutes of exercise weekly but may feel that short exercise breaks or “micro-workouts” are much more doable and refreshing!

What are “micro-workouts?”

Micro-workouts are generally described as brief (1-5 minutes), vigorous exercise sessions scattered throughout the day. These brief sessions can add up quickly towards the 150-minute weekly goal and contributes substantially towards your overall health.

***Be sure to consult your primary doctor before starting a new exercise routine to ensure it is safe for you.

Free Resources for Staying Action From Home:

- **Deskercise:** free guided videos that are fun, low-impact and can be done at your desk myllu.llu.edu/livingwhole/deskercise/
- **Drayson Center Fitness on Demand:** free online fitness class videos <https://drayson.llu.edu/classes-schedules/fitness-demand>
- **7 Minute Workout:** free iOS/Android app provides high intensity bodyweight exercises. The “Original” plan is free. The “Pro” plan is free only for the 1-week trial period. apps.apple.com/us/app/7-minute-workout/id650762525
- **Nike Training Club:** iOS/Android app provides free home workouts for all fitness levels. nike.com/ntc-app
- **Fitness Blender:** Numerous videos (beginner to advanced) to stay active and fit. Free videos have interruptions with ads [https://www.fitnessblender.com/videos?exclusive\[\]=0](https://www.fitnessblender.com/videos?exclusive[]=0)
- **MadFit:** Short, usually apartment-friendly workouts. <https://www.youtube.com/@MadFit>
- **Shaped by Faith:** Beginner-friendly workout videos with Scripture and devotional encouragements <https://www.youtube.com/@shapedbyfaith>
- **Danny Go!:** Child-friendly dance workout videos <https://www.youtube.com/@DannyGo>



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1-Week Sample Workout Schedule

Week 1	
Sunday	Plan a fun, outdoor activity Example: <ul style="list-style-type: none"> - Go to the park to play sports, outdoor games, or jog for 30 minutes
Monday	Do 1-2 micro-workouts throughout your workday, and one short physical activity in the evening Example: <ul style="list-style-type: none"> - Take a 10-minute brisk walk during one of your breaks
Tuesday	Do 1-2 micro-workouts throughout your workday, and one short physical activity in the evening Example: <ul style="list-style-type: none"> - Do the 7 Minute Workout during one of your breaks (can do just half to make it less strenuous)
Wednesday	Do 1-2 micro-workouts throughout your workday, and one short physical activity in the evening Example: <ul style="list-style-type: none"> - Do one of the Deskercise videos during break
Thursday	Do 1-2 micro-workouts throughout your workday, and one short physical activity in the evening Example: <ul style="list-style-type: none"> - After work, pick a video to do from one of the suggested free resources
Friday	Do 1-2 micro-workouts throughout your workday, and one short physical activity in the evening Example: <ul style="list-style-type: none"> - Take a 10-minute brisk walk during one of your breaks - Do one of the Deskercise videos during break
Saturday	Plan a relaxing outdoor activity Example: <ul style="list-style-type: none"> - Go on an afternoon hike/walk/stroll for 30-60 minutes

