

Workday Movement Challenge Tracker



ADDING MOVEMENT TO YOUR WORKDAY can give you multiple wins for your whole health – your physical, mental and emotional health. These include reducing the risk for, and improving the management of, heart disease and stroke, high blood pressure, type 2 diabetes, as well as some types of cancer. When it comes to brain health, regular movement and exercise can help you think, learn, problem-solve, enjoy emotional balance, and feel more mentally energized and productive. It can also improve memory and reduce anxiety and depression. Regular movement can improve the quality of your sleep. Let's do this!

WORKDAY MOVEMENT TRACKER

The goal is to take at least three movement breaks per day- one at mid-morning, one at lunch time and one at mid-afternoon. Aim to complete 3 movements throughout the day, mixing in stretches and exercises.

Use the daily log to keep track of your progress. Check out the movements on the following pages to decide which movements you want to do each time. You can focus on a few of your favorites or mix it up each time- all movement has benefits; move more, sit less.

	Monday	Tuesday	Wednesday	Thursday	Friday	Total Days Goal Met
Week 1	 Mid-Morning  Lunch Time  Mid-Afternoon	 Mid-Morning  Lunch Time  Mid-Afternoon	 Mid-Morning  Lunch Time  Mid-Afternoon	 Mid-Morning  Lunch Time  Mid-Afternoon	 Mid-Morning  Lunch Time  Mid-Afternoon	
Week 2	 Mid-Morning  Lunch Time  Mid-Afternoon	 Mid-Morning  Lunch Time  Mid-Afternoon	 Mid-Morning  Lunch Time  Mid-Afternoon	 Mid-Morning  Lunch Time  Mid-Afternoon	 Mid-Morning  Lunch Time  Mid-Afternoon	
Week 3	 Mid-Morning  Lunch Time  Mid-Afternoon	 Mid-Morning  Lunch Time  Mid-Afternoon	 Mid-Morning  Lunch Time  Mid-Afternoon	 Mid-Morning  Lunch Time  Mid-Afternoon	 Mid-Morning  Lunch Time  Mid-Afternoon	
Week 4	 Mid-Morning  Lunch Time  Mid-Afternoon	 Mid-Morning  Lunch Time  Mid-Afternoon	 Mid-Morning  Lunch Time  Mid-Afternoon	 Mid-Morning  Lunch Time  Mid-Afternoon	 Mid-Morning  Lunch Time  Mid-Afternoon	

Schedule an appointment with yourself.

To make sure your mini movements breaks happen make an appointment reminder on your calendar or simply write a reminder on a sticky note and keep it in plain sight.



Workday Movement

Simple Stretches & Movement Exercises

- Try to incorporate some of these movements into your workday.
- These are mild to moderate-level exercises. However, if you feel any discomfort while doing them, stop. You may want to discuss with your doctor what types of exercises are best for you.
- Keep stretches gentle and slow. Avoid bouncing. If you feel pain, you've stretched too far.
- Breathe as you go through each movement. Avoid holding your breath.
- If you choose to do more than one exercise at a time, mix it up. Choose one that works your lower body, such as your legs with one that works your upper body, such as your arms or shoulders.
- You can make these movements and exercises more or less intense, depending on comfort level. To make them less intense, reduce the number of repetitions (reps) or don't go as deep into the stretch. To make them more intense, do more reps, add resistance bands or small hand weights.

Seated Stretches

Wrist & Forearm. Stretch one arm out in front of you. Slowly, point fingers down until you feel a stretch. Use the other hand to gently pull the raised hand toward the body. Hold this position for 3-5 seconds. Then, point your fingers toward the ceiling until you feel a stretch. Use the other hand to gently pull the raised hand toward the body. Hold this position for 3-5 seconds. Repeat this stretch two times.

Shoulder. Clasp hands together above head with palms facing up toward the ceiling. Push arms up, stretching upward. Hold for 2-3 deep breaths.

Neck Rolls. Lean head forward. Slowly roll your head in a circle on one side for 10 seconds. Repeat on the other side. Do this 3 times in each direction.

Side Bend. Sit up tall and raise your right arm. Bend it toward your left side reaching with your right hand overhead. Hold this for 10-15 seconds. Repeat on the other side. Do 2 sets.

Gluteal. Squeeze your gluteal (butt) muscles. Move them up and down, and then rock your pelvis forward and backward, which helps to apply circulation to the area you're sitting on. Do this 5-10 times.

Chest & Back. Clasp your hands behind your lower back. Push your chest out and raise your chin. Hold for 10-15 seconds. Do this 2 times. Now, hold your arms out straight in front of you, palms facing down. Lower your head in line with your arms, and round your upper back while looking down at the floor. Hold for 10-15 seconds. Do this 2 times.

Shoulder & Back. Place your hands on the edge of your desk. If your chair has wheels and is on a smooth surface, simply roll back, reaching your arms toward your computer and slide your hips back. There should be no pain or pinching at the top of your shoulders. Hold this stretch for 10-15 seconds. Do this 2-3 times.

Lower Back. Sit on a chair with your shoulders rolled back and both feet flat on the floor slightly out in front of you. Place your hands on your knees and slowly slide them down your legs as close to your feet as is comfortable. Fold your upper body and head toward your thighs to fully lengthen your spine, keeping your chin tucked in. Hold for 15-30 seconds. Do 2 times.

Hamstring. Start with both feet on the floor. Extend your right leg outward with your ankle still touching the floor. Reach toward your toes with your right arm. Hold for 10-15 seconds. Repeat on the left leg.



Workday Movement

Simple Stretches & Movement Exercises

Seated Movement & Exercises

Arm Circles. Sit on a chair with your back straight. Plant your feet flat on the floor. Touch your shoulders with your fingers. Keeping the rest of your body still, roll your arms backward repeatedly in a circular motion. Make 10-20 circles going in one direction, then do the same in the other direction.

Lower Abdominal Leg Lifts. Sit on a chair with your back straight. Plant your feet flat on the floor. With your leg staying bent, lift it up as far as comfortable. Focus on keeping your abdominal (core) muscles tight. Place your foot down with control. Repeat with the other leg. Do 10-20 times with each leg.

Bicycle. Sit on a chair with your back straight and your core engaged. Plant your feet flat on the floor and place your hands lightly behind your head. Lift one knee and twist your opposite shoulder toward it. You might not be able to touch your shoulder to your knee, but it's the movement in that direction that counts! Return to the start position and do the other side. Do 10-20 times on each side.

Knee Extensions. Sit on a chair with your back straight and your core engaged. Plant your feet flat on the floor and keep both knees together. Straighten one leg out in front of you. Hold for 2-3 seconds, then slowly re-bend the leg until the foot is resting on the floor again. Repeat on the other leg. Do 10-15 knee extensions with each leg.

Row. Sit on a chair with your back straight and your core engaged. Plant your feet on the floor. Hold your arms straight out in front of you at shoulder level, with your thumbs pointed toward the ceiling. Draw your elbows back, squeezing the shoulder blades together, until your upper arms align with the sides of your torso. Then extend your arms back to the start position. Repeat 20-30 times.

Cross Punch. Sit on a chair with your back straight and your core engaged. Plant your feet flat on the floor. Bend your arms up with your wrists by your shoulders and make a fist in both hands. With control, slowly punch diagonally across your body with one arm, while slightly rotating your torso in the same direction. Return to the start position, then switch to the other arm. Go at a pace that is comfortable for you, while keeping your core muscles stable. Repeat 20-30 times on each side.



Workday Movement

Simple Stretches & Movement Exercises

Standing Stretches

Spinal Twist. With feet hip-distance apart, slowly turn your face to the right, followed by your shoulders and then your hips. If it feels comfortable, you should be able to look behind yourself from this position. Hold the twist for a few seconds. Then slowly return to face the front, starting with your hips, then your shoulders and then your face. Twist in the other direction using the same steps. Repeat 5-10 times on each side.

Rotating Trunk. Stand straight and fold your arms in front of your chest. Place your feet hip-width apart. Rotate your trunk in one direction while keeping your hips facing forward. Hold the stretch for 15-30 seconds and return to the starting position. Rotate your trunk in the other direction and repeat for 5-10 times on each side.

Hamstrings. Extend one leg out by placing the heel on a slightly raised surface, such as a stool or bench. Keeping your spine straight, bend at the hip to bring the chest toward the thigh. While doing this, slightly bend the other knee. Hold the stretch for 15-30 seconds. Repeat on the other leg. Do 2-3 sets on each leg.

Quadriceps (Quads). Stand near a wall or something sturdy for balance. Kick your right foot back toward your buttocks and grab the ankle or foot with your right hand. Pull it toward your buttocks as you push the hip forward until you feel a stretch in the front of your thigh. Tighten your abdominal muscles to stabilize your pelvis and make sure there is no arch in your back. Keep your knees close together, if possible. Hold for 15-30 seconds. Repeat on the other leg. Do 2-3 sets.

Lunging Calf. Stand about a step away from a wall and place both palms flat against it. Step your left foot back and bend your front knee so you are in a lunge position. Keep your toes pointing forward and push your left heel toward the ground until you feel a stretch along your left calf. Hold for 15-30 seconds, then switch sides. Repeat 2-3 times on each side.

Roll Down. Stand with feet hip-distance apart, feet flat on the floor, and your core muscles engaged. Nod your chin and slowly roll your spine down as far as you are comfortable with a slight bend in your knees. If you feel twinge in your back, stop before you feel pain. Gently shake and dangle your arms. Stay down 15-30 seconds. Then, with your core engaged, begin to roll back up by dropping your tailbone down toward your heels and again bend your knees slightly. As you stand back up, let your shoulders fall down away from your ears. Repeat 2-3 times.



Workday Movement

Simple Stretches & Movement Exercises

Standing Movement & Exercises

Sit To Stand. Sit on the front third of a chair. Plant your feet flat on the floor and then slide them back slightly. Lean forward over your knees. Keeping your head and shoulders high, push up through your heels into a standing position. Sit back down slowly, with control. Do this 5-10 times.

Chair Squats & Jabs. Stand in front of a chair with your legs shoulder-width apart. Squat down like you are sitting on a chair but without actually touching it. Keep your back straight, knees above the feet and weight on the heels. Stand back up and when your legs are extended, do a cross-body punch with each arm. Do this 10-15 times.

Knee Ups. Stand with feet shoulder-width apart and your arms above your head. With your back straight, lift one knee up so that the thigh is level and touch your knee with both hands. Lower the knee back down and do the same with the other knee. Do each side 10-15 times.

Low-Impact Jumping Jacks. Stand with both arms at your sides. Step your right foot out to the side and at the same time bring both arms up above your head. Keep your weight in your right foot throughout this movement. Return to the starting position. Immediately step your left foot out to the side and repeat the movements. Do this 10-15 times on each side.

Desk Pushups. Stand a few feet from your desk. Put your feet together and your palms on the edge of the desk, about shoulder-width away from each other. While keeping your core muscles engaged, lower your upper body down to the edge of the desk, and push back to the starting position. Do 5-10 times.

Side Leg Lifts. Stand a few feet from your desk with your legs shoulder-width apart. Place your hands on your hips. With your left leg slightly bent at the knee, begin to lift your right leg out toward the side and back to the starting position. Continue slow and controlled for 15-30 seconds, then switch sides. Do this 10-15 times on each side.

Desk Planks. Stand a few feet from your desk. Place your forearms on the desk, with hands touching each other. Extend your legs with your toes on the floor. Contract your abdominal muscles. Keep a straight line from your head to toes, trying not to lift or sink your hips. Hold for 10-15 seconds. Do this 2-3 times.

