



Don't Just Sit There

Ways to Stay Healthy in Our Digital World



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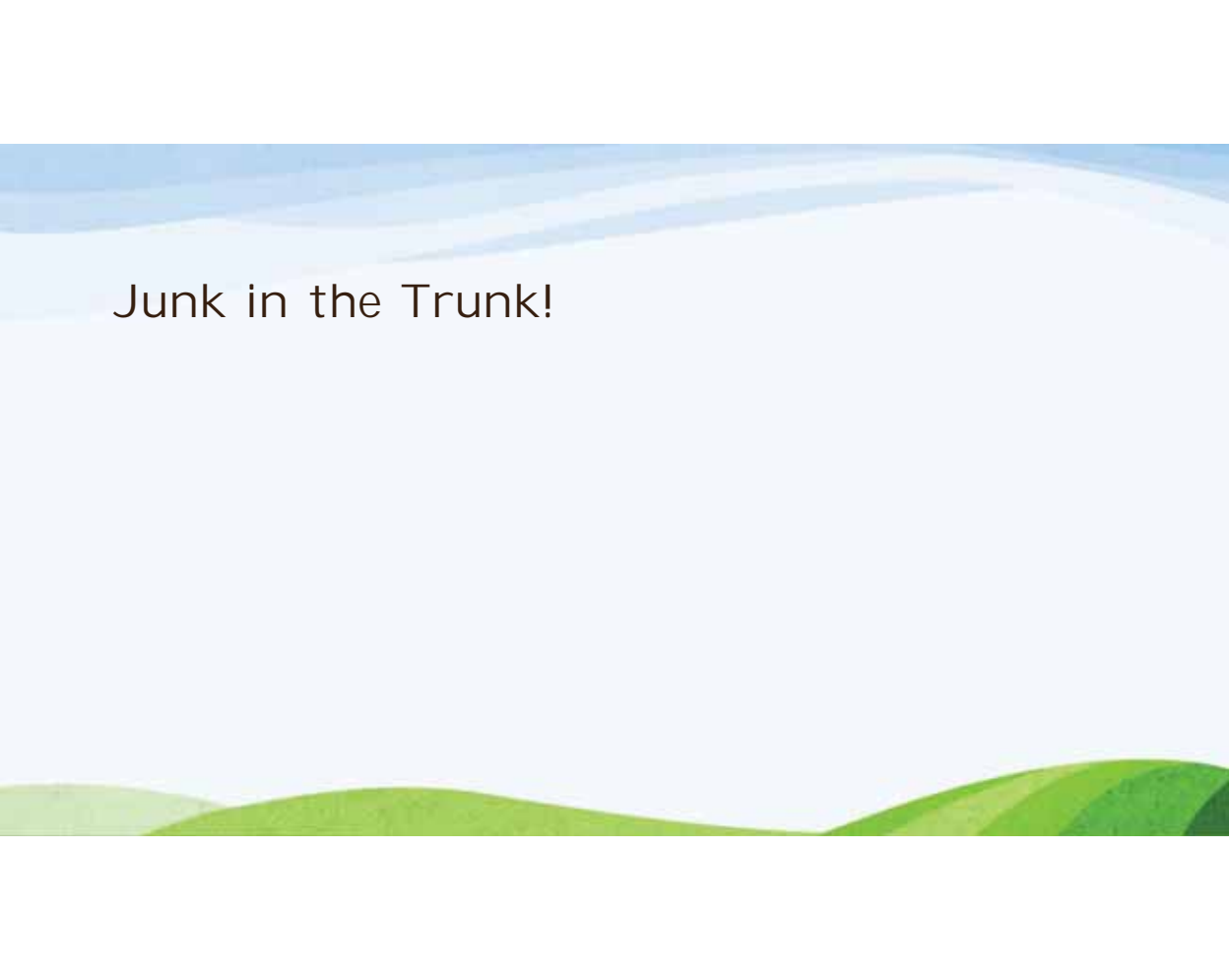
Ways to Stay Healthy in our Digital World

Presenters

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The background features a stylized landscape with wavy, layered bands of color. The top portion consists of various shades of blue, transitioning from a darker blue at the very top to a lighter, almost white blue towards the center. The bottom portion consists of various shades of green, transitioning from a light green at the bottom to a darker green at the top of the green section. The overall effect is that of a soft, abstract horizon or a stylized sky and ground.

Junk in the Trunk!

Stay Active – Stay Healthy

- Find Baseline of Your Daily Activity
 - Pedometer
- To increase your daily activity
 - Take the stairs
 - Walk to coworkers desk rather than calling or emailing
 - Have standing or walking meeting rather than sitting
 - Park farther away

Don't Just Sit There

- Inactivity shuts down enzymes that control metabolism
- Inactivity and improper ergonomics lowers energy
- Our bodies are made to move

Break Reminders

- Worksafe Sam
- Workrave
- Breaker
- Time Out (Mac)

Exercising at Your Desk

- Toe raises
- Seated leg extensions
- Book curls and overhead press
- Stair climb
- Wall push-ups
- Doorframe push

Stretches at Your Desk

- Shoulder shrugs
- Neck roll
- Side bends
- Upper body twist
- Back & hip stretch
- Toe touch

Active Sitting

- In a chair
- Stability cushion
- Stability ball

Active Sitting in a chair

- Put your feet flat on the floor.
- Sit as tall as you can.
- Straighten your back.
- Puff out your chest.
- Pull in your chin slightly.
- Push your shoulders down.
- Move your shoulder blades closer together.

Active Sitting - stability cushions / balls

- Core strengthening



Health Tips

- Maintain Proper Posture
- Look Away
- Dress Down
- Don't Ignore Stress
- Cut the coffee
- Stay Hydrated
- Clean Your Work Area

Healthy Snacks

- Dry-Roasted Edamame
- Split Pea Crisps
- Cucumbers And Low-Fat Cheese
- Fruit Smoothies
- Apple Sauce
- Popcorn
- Snap peas
- Roasted pumpkin seeds
- Hard boiled egg with salt and spice (paprika, pepper, lemon zest, chili flakes)
- Fresh dips and raw veggies or crackers (hummus)

Superfoods & Antioxidants

- Oranges
- Pumpkin
- Spinach
- Yogurt
- Avocado
- Apples
- Berries
- Broccoli
- Salmon
- Beans
- Mushrooms
- Walnuts
- Almonds
- Quinoa
- Oats
- Pomegranates
- Broccoli
- Garlic
- Green tea
- Tomatoes
- Red grapes
- Carrots
- Whole grains

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