WORKPLACE FITNESS

What could you accomplish with 2,600 minutes a year? That's how many minutes you could utilize annually if you took a single 10-minute break during the workday to exercise.

Make use of the breaks you have throughout the day and increase your fitness. **Here are some tips to get started.**

We recommend that people starting an exercise program should check with their physician first.

1. Complete a fast fitness 4-3-2-1 workout during your break
2. Schedule a calendar reminder to complete 10 minutes of exercise daily
3. Need accountability? Walk with a coworker for 10 minutes or hold a walking meeting

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FAST FITNESS 4-3-2-1

EXERCISE VIDEOS

Chair Forward Bend
Chair Plank
Chair Side Bends
Chair Spinal Twist
Chair Squat
Forward Lunge
High Knee March
Knee Push Up
Modified Forward Lunge
Wall Push Up

4

4 MIN: CARDIO
High knee marching (4 min)

3

3 MIN: RESISTANCE
Chair squat, push-ups, lunges (1 min each)

2

2 MIN: CORE
Chair plank, side bend (1 min each)

1

1 MIN: STRETCHING
Chair forward bend, chair spinal twist (30 secs each)

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Avera's mission is to make a positive impact in the lives and health of persons and communities by providing quality services guided by Christian values.

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19-AVHP-16673-REV0919