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# GOOD THINGS TO KNOW

*A Decade of News You Can Use!*

**“STAND UP, SIT DOWN, MOVE YOUR BODY ALL AROUND”** (1)

**AT WORK:**

“TAKE TWO BREAKS AN HOUR, GRAB A DRINK FROM THE WATER FOUNTAIN, POP OVER TO THE CUBE NEXT DOOR TO SAY, ‘HI’, OR JUST STAND AND STRETCH FOR A MINUTE.” (2)

“STAND DURING PHONE CALLS. IT MAY SEEM LIKE A SMALL THING BUT IT ALL ADDS UP.” (2)

“DON’T WRITE LONG EMAILS. IF CRAFTING AN EMAIL WILL TAKE LONGER THAN 15-MINUTES, GO TALK TO THE PERSON INSTEAD, OR STAND UP AND CALL THEM.” (2)

“ASK HR FOR A STANDUP DESK. AUSTRALIAN RESEARCHERS FOUND THAT WORKERS WHO LOG MORE THAN 6 HOURS OF SEAT TIME A DAY ARE UP TO 68% MORE LIKELY TO BE OVERWEIGHT.” (2)

**AT HOME:**

TAKE A DANCE BREAK WITH THE 80s DISCO, BAND **AKB** (Click on footnote #1 to hear their sound.) OR, ROCK OUT WITH YOUR OWN FAVE TUNES!

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**IF YOU SIT, BE FIT**

No doubt about it, we’re a nation of sitters, at computers, in cars. Many readers responded to GTTK April-May, 2011 on this serious health concern with, “But I have to sit at work, what can I do?” In addition to the Men’s Health recommendations (sidebar), try a few of these moves during your workday.

**SIT-TO-STAND** – Grab a chair without wheels to use as a marker, cross arms over chest, keep your weight to your heels and simply stand up, then sit down, ten times. Extra credit: Don’t sit all the way down just hover over the seat for a second.

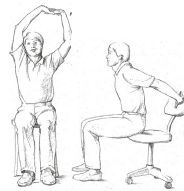


**SHOULDER ROLLS** – Stand up, lift shoulders up to your ears, then roll them back, opening the chest and gently squeezing shoulder blades down and together, ten times.



**“YES”, “NO”, “MAYBE”** - Slowly, lower chin to chest, then lift head and look straight ahead., five times Turn head slowly, left and right five times. Gently tilt head right and left, five times.

**TRUNK STRETCH** – Stand or sit, lace fingers, straighten arms overhead, then lean slightly right and left to decompress muscles between the ribs, hold 10 seconds. Breathe!



**CHEST STRETCH** – Sit or stand tall, lace fingers behind back then lift arms upward until you feel a stretch in your chest and biceps, hold 10 seconds. Breathe!



**CHEST & NECK STRETCH** – Lace fingers behind head, inhale, then exhale to bring chin to chest, take shallow breaths, holding for 10-seconds, feel the stretch all the way down into the mid-back. Take a shallow breath, lift head, opening elbows to stretch chest, hold 10 seconds. Breathe!



**HAMSTRING STRETCH** – Sit at the edge of a chair without wheels straighten the right leg, anchoring the heel to the floor. Lengthen the spine, fold forward from hips until stretch is felt from the ankle, in the back of the thigh, perhaps even in the low back, hold 10 seconds, repeat on the left. Breathe!



**HIP & TRUNK STRETCH** - Sit comfortably, cross right leg over left, place left hand on right thigh, lengthen spine, then rotate trunk to the right, hold 10 seconds, breathing normally. Repeat with left leg crossed over right.



**HANDS, WRISTS & FOREARMS** - Stand or sit, make a fist, rotate wrists clock- and counter-clockwise 10 times each. Open and close hands, splaying fingers to stretch palms 10 times. Extend right arm at shoulder level fingers pointing ahead, with left hand gently press the back of the hand to aim fingers down, hold for 10 seconds, repeat on the left. Breathe!

Illustrations from:  
*Training the Body to Cure Itself*  
by the Editors of Prevention Magazine Health Books © 1992 Rodale Press Inc.

*Strong Women Stay Young* by Miriam E. Nelson, Ph.D., Bantam Books © 1997

(1)  
<http://www.youtube.com/watch?v=r1NrNUD9TNQ>

(2)  
[http://www.menshealth.com/health/staying-active?cm\\_mmc=Yahoo\\_Blog--Health--the\\_most\\_dangerous\\_thing--Office\\_Chair\\_Killing\\_You](http://www.menshealth.com/health/staying-active?cm_mmc=Yahoo_Blog--Health--the_most_dangerous_thing--Office_Chair_Killing_You)