Staying Physically Active While Home: Tips and Tricks

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Partners: College of Nursing, Buckeye Wellness, YP4H, OSU Health Plan, Office of Human Resources, Employee Assistance Program and Office of Student Life

Staying well and calm in the midst of the COVID-19 storm

Evidence-based tactics that work!
Skill-Building from Session # 1

Thinking, Feeling and Behaving/Positive Self-Talk

Identify 2 situations in the past week of how negative thinking affected how you felt and how you behaved; then, write down how you could have changed your thinking to feel better and act differently.

Describe the situation you were in and the trigger (Activator) that started you thinking in a negative way.

What did you think? (Belief/thought)

How did you feel? (Emotional Consequence)

How did you act or behave? (Behavioral Consequence)

How could you have changed what you thought so that you would have felt better or acted differently?
Cognitive-Behavioral Therapy/Skills Building is the Best First Line Evidence-based Treatment for Stress, Anxiety and Depression

The thinking/feeling/behaving triangle
WELCOME HOME TO THE PRESENT
DON'T LIMIT YOUR CHALLENGES.
CHALLENGE YOUR LIMITS.
Benefits of Exercise

• Weight management (no “Quarantine 15”)
• Reduce risk of illness and chronic conditions
• Strengthen your bones and muscles (stress is good)
• Improve mental health & mood (see if it works now)
• Improve ability to complete daily tasks
• Increase longevity (LIVE LONGER!)

Source: www.cdc.gov
Benefits of Exercise

• **Reduces stress** (the stress hormone, cortisol, suppresses our immune response. Moving your body, even in small doses, reduces stress and as a result, reduces cortisol production.)

• **Reduces inflammation** (recommendation; 150 minutes/week, there is evidence that even as little as 20 minutes can suppress inflammation and support immunity.)

Physical Activity

- Movement of the body that uses energy
- Physical activity has changed with our environments; work vs home
- Provides health benefits in any bout of minutes
- Activity trackers are beneficial to help motivate
- Helps us get through daily tasks
- Determine new baseline and realistic goals to increase
How to Increase Steps at Home

**Determine Time**
- Use commute time to go for morning walk or jump on cardio equipment
- Take advantage of break time, and leave it as scheduled mental break
- Set reminder on outlook or device to get in movement
- At end of work day, drop everything and walk

**Around The House**
- Use the bathroom furthest away
- Fold laundry and take to different rooms
- Walk while on calls
- Tackle to-do lists
- Walk up and down the stairs

**Outside**
- Yard work
- Sweep the garage
- Find a walking path
- Plant flowers/garden
- Walk to mailbox
- Walk to drop off goods to those in neighborhood
- Scavenger hunts as family
Exercise While You Work

- Choose equipment: weights, resistance band, anything around the house
- Choose exercise: Bicep Curl

- Normal
- Bottom
- Top
- W Grip
- Hammer
| Time   | 5-6a | 6-7a | 7-8a | 8-9a | 9-10a | 10-11a | 11a-12p | 12p-1p | 1-2p | 2-3p | 3-4p | 4-5p | 5-6p | 6-7p | 7-8p | 8-9p | 9-10p | 10-11p | 11p-12a |
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| Sunday |      |      |      |      |       |        |         |        |      |      |      |      |      |      |      |      |       |         |
| Monday | Prepare for work | Get Kids Ready | Drop-Off/Commute | WORK | WORK | WORK | WORK | WORK | WORK | WORK | WORK | Commute/Pick up | Family Time | Bed Time Routine | Bed Time | Bed Time |
| Tuesday| Prepare for work | Get Kids Ready | Drop-Off/Commute | WORK | WORK | WORK | WORK | WORK | WORK | WORK | WORK | Commute/Pick up | Family Time | Bed Time Routine | Bed Time | Bed Time |
| Wednesday| Prepare for work | Get Kids Ready | Drop-Off/Commute | WORK | WORK | WORK | WORK | WORK | WORK | WORK | WORK | Commute/Pick up | Family Time | Bed Time Routine | Bed Time | Bed Time |
| Thursday| Prepare for work | Get Kids Ready | Drop-Off/Commute | WORK | WORK | WORK | WORK | WORK | WORK | WORK | WORK | Commute/Pick up | Family Time | Bed Time Routine | Bed Time | Bed Time |
| Friday | Prepare for work | Get Kids Ready | Drop-Off/Commute | WORK | WORK | WORK | WORK | WORK | WORK | WORK | WORK | Commute/Pick up | Family Time | Bed Time Routine | Bed Time | Bed Time |
| Saturday |      |      |      |      |       |        |         |        |      |      |      |      |      |      |      |      |       |         |

There are 1,440 minutes in each day. Do you have time for a 20-30 minutes workout?
## Time

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Endless possibilities . . . $$$$$$ to free
Building Your Plan

A goal without a plan is a wish – Antoine de Saint-Exupery

Example:
Close my move circle everyday
Being Active Outside Responsibly

NATURE RX

ECO-Psychology

Forest Bathing
Skill-Building for Session # 2:

1. Breathe and Stretch everyday
2. Find a new way to increase your steps at home
3. Create one weekly SMART Goal
4. Ignite or find a new movement pattern
A variety of virtual resources are available to anyone seeking to live a Life In Motion during this time. Check out fitness classes, virtual personal training & tips, a virtual 5K, resources for families and more.

Available to all, you can find these resources at www.recsports.osu.edu
A health coach is available to help you develop an action plan to improve your health and wellness!

OSU benefits-eligible faculty, staff, and their adult dependents can work on goals related to weight management, stress management, nutrition, physical activity, and/or tobacco cessation.

To schedule an appointment with a health coach:

Email: healthcoach.osuhealthplan@osumc.edu or

Phone: (614) 292-9983 (press 1) or (800) 678-6269

These sessions are conveniently scheduled by telephone, confidential and at no cost to you!
Thank You

Office of the Chief Wellness Officer and Buckeye Wellness

We appreciate your feedback!
Please complete a brief survey following this presentation:
go.osu.edu/calmandwellsurvey
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Next week

April 22, 2020 12:30 - 1:00 pm

Be Here Now: Mindfulness Works!

Sharon Tucker

Staying well and calm in the midst of the COVID-19 storm

Evidence-based tactics that work!
Flexibility Training
DESK STRETCHING
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<td>Any kind of resistance training involving body weight, machines, dumbbells, bands, etc</td>
<td>Any kind of physical activity that raises your heart rate above the normal resting range</td>
<td>Exercises that stretch your muscles in order to improve ROM/Functional training aids to improve balance and coordination</td>
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**General Recommendations:**
- Work all major muscle groups at least 2-3x/wk; 2-4 sets at 8-20 reps each depending on goals
- **Cardio**
  - 150 minutes of moderate or 75 minutes of vigorous per week
- **Flexibility/Neuromotor**
  - 2-3x/wk at 20-30 minutes each
Resources from Everyday Health

7 Tips for Staying Active During a Pandemic
8 Ways to Sit Less and Move More Each Day
9 Tricks to Help You Start Working Out and Actually Stick to It
Best Exercises for Stronger Abs and A Stronger Core
Best Exercises for a Stronger Back (That You Can Do at Home)