

NBSIA Member Services Safety Bulletin

May 2017

SQUEEZE FITNESS INTO YOUR DAY



Finding time for fitness is a common problem for many people. But you don't have to devote hours at the gym in order to reap health benefits—short bursts of activity throughout the day can give the same effects.

May is National Physical Fitness and Sports Month, the perfect time to focus on squeezing more activity into your busy schedule. Here are some practical ways that you can sneak in activity throughout the day:

- Stuck in line? Waiting for a meeting to begin? Make it worth the wait by doing toning exercises. Tense your stomach muscles, hold, then release, repeat 10 times. Repeat with other muscle groups like your buttocks, and arms. Rise up on your toes and squeeze your calves, then release, repeat 10 times.
- Utilize seated time to work on your grip strength. Keep a tennis ball around and give it a good squeeze for five seconds, then release slowly; repeat 10-15 times with each hand.
- While brushing your teeth or waiting for the copier, use your standing time to practice your best flamingo impression—and your balance. Stand on one foot for 60 seconds, then switch legs.
- Skip the elevator and go for the stairs. This small change can make a huge difference and help strengthen your legs, knees, and hips over time.
- Park farther away. Whether at work or the grocery store, parking a few spaces farther away helps you sneak in more steps.
- Waiting for your coffee to brew? Place one foot behind the other, make sure your feet are flat on

the floor and your knees are not bent, then lean forward from the hips. You should feel your hamstrings stretching.

- Picking up items from the floor? Whether the item is heavy or not, use this opportunity to do a squat (or a few!) Stand with your feet hips width apart, lower into a squat and rise using your leg muscles.
- Stretch your neck by leaning your head to the left, and using your shoulder muscle to pull down the right shoulder. Hold and release. Repeat 10 times, then repeat with the other side.
- Gripping a tool, mouse, or steering wheel for an extended period of time? Give your hands a break by stretching one arm in front of you, and using the other hand to gently bend your fingers backwards, hold, the release slowly. Repeat on the opposite side.

For more stretching techniques visit the NBSIA website and check out the “Warm Up Before Work” flier at www.nbsia.org/safety-posters.

Always practice proper body mechanics and safe lifting techniques. **Interested in learning more? Contact our Member Services team for FREE on-site training on these topics, as well as Nutrition and Exercise!** A full listing of trainings is also available on our website.

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