

# Health Coach Corner

Tips from WebMD



## Staying Active & Well While Working from Home

### Keeping up with Exercise

Did you know you can get an effective, full body workout routine with no equipment?

The 7 Minute Workout is a great way to get your heart rate up and can easily be performed at home! Not only does this routine provide a burst of aerobic exercise, but it also targets every major muscle group making it an easy go-to for strength training.

The general recommendation is 150 minutes of moderate intensity or 75 minutes of vigorous intensity exercise per week. Pair this routine with several walks each week to aim for 150 minutes of moderate exercise.

Crunched for time? Perform this routine twice a day for 5 days to reach for the recommended 75 minutes of vigorous exercise each week.

Always consult with your physician before beginning any exercise program. This general information is not meant to replace your health care professional. If you experience any pain or difficulty with these exercises, stop and consult with your health care provider.

### Keeping Your Routine

Establishing and keeping a routine is essential for long-term success with any healthy habit. Now that most of us are working from home it can be difficult to maintain the habits we had while in the office. We all know how tempting it can be to make frequent trips to the kitchen. Here are some tips to help keep you on track.

- Keep snack and mealtimes the same at home as when in the office to prevent grazing.
- Prepare your meals and snacks ahead of time and portion them out accordingly.
- Take your breaks as scheduled so you continue to take time to get up from your desk.
- Set friendly reminders on your calendar if you are struggling.
- Talk to a friend and share ideas to help keep each other on track.

### Move More

Look for ways you can add more movement to your day. Staying active is important for our physical and mental health. Try some of these easy tips to sneak more movement into your day:

- Stand up and stretch or march in place every hour.
- Pace while on phone calls.
- Perform household tasks back to back like doing loads of laundry between cleaning rooms.
- Get outside! Go for a walk, garden or sweep walkways.
- Put on some music and have a dance party!

---

#### References:

2018 Physical Activity Guidelines for Americans  
"Make the Most of Your Time at Home". [www.eatright.org](http://www.eatright.org)  
Managing Anxiety & Stress. <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>