

A Salute to
**HEALTHCARE
PROFESSIONALS**



Fitness In a Flash

Taking Steps to Improving
One's Health

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Focus: Get Moving, Get Fit

Sit and Stand

This simple sit and stand technique will get movement and cardio into your daily routine, focusing on legs and the glut.

Goal= Sit and Stand for 1 minute every hour

Side to Side Reach

The side to side reach is a very simple stretch in which you stand with your feet shoulder width apart, interlace your fingers and reach your arms directly above your head and bend towards the right and hold it for 60 seconds and then switching to the alternate side for an additional 60 seconds.

* This reach will target your core muscles.

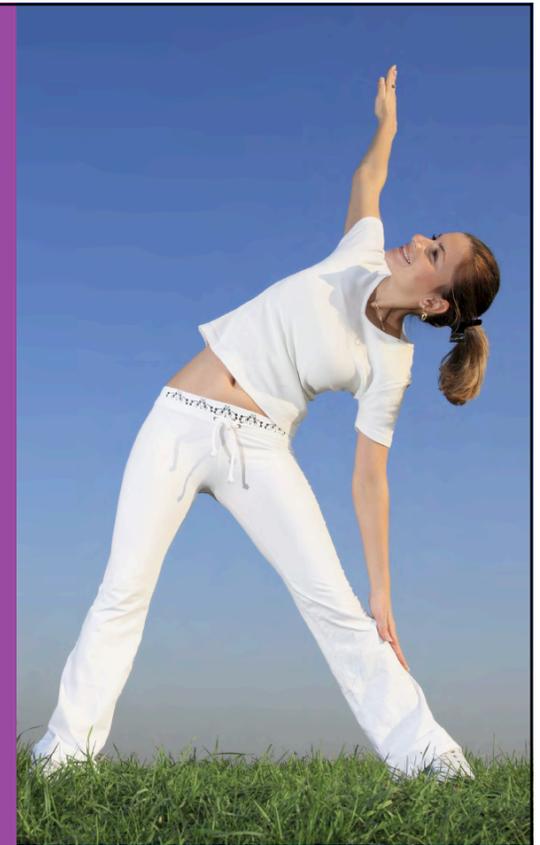
Goal=3 times throughout the course of the day with a total of a 60 second hold on each side

Bicep Curls

With either a set of light weights or an elastic workout band complete a total of 10-12 repetitions of bicep curls, slow and focused to maximize effect.

With the small elastic band, you can wrap the band around a chair or desk leg for support and resistance while you can perform double arm bicep curls or single arm curls for more isolation.

Goal= 3 times throughout the course of the day with a total of 10-12 repetitions



TRAINER'S TIP:

Eat every 3-4 hours
to help increase
and maximize
the metabolism.

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Focus: Making Time, Making a Difference

Push ups

Pushups are not only a great upper body strength builder; it is also a core strength workout that helps target the midsection, as well as the back.

Goal: 5 pushups and then hold steady in the push up position for 30 seconds and repeat 3 times

Write down daily routines to help get rid of bad habits.

Gather office support.

Getting co-workers to participate will make the routine fun and attainable. Exercise is only half the battle, nutrition is the other half.



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Focus: All Day Stresses of Standing

Quadriceps Stretch

Use a chair for balance and hold on to the chair with one hand, knees slightly bent, slowly bend the opposite leg and grab the foot with your opposite hand. Hold for 30 seconds and alternate legs.

Goal: Do this stretch hourly and throughout the day

Hamstring Curl

Place your leg on a chair and reach your opposite arm towards your foot, hold for 30 seconds and switch.

Goal: Do this hourly and throughout the day

Toe touches

In a standing position, cross your legs and let your arms hang down towards your toes (touching your toes if possible)

Goal: Do this for 30 seconds every hour



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Focus: Tone and Core Strengthening

Russian Twist on a Pysio ball

Shoulders should be on the ball, head in line with the spine, lower body lifts the hips as high as possible activating the gluts and abs. Clasp hands and lift arms straight up, twisting from one side to another.

Goal: Slow and controlled movements,
20 on each side 3 times a day

Overhead Press with a Side Crunch

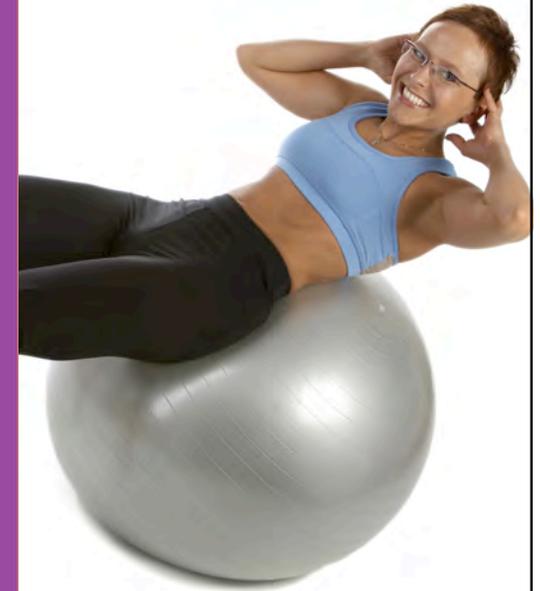
In a standing position, use 2 light weights in one hand press up with the weights as you side crunch on the opposite side.

Goal: Slow and controlled movements,
20 on each side 3 times a day

Plank

Lie on your stomach and prop yourself up on your toes, elbows and forearms. Lift your body in a straight line off the floor, stomach pulled in and back lengthened, not arched. Hold this position for 1 min then relax.

Goal: Hold for 1 minute for 3 times a day



TRAINER'S TIP:

Eating more protein throughout the day will rapidly contribute to the building of lean muscle mass.

*Great snacks throughout the day include yogurt, cottage cheese, and nuts. If you are to eat late at night focus on protein filled foods.

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Focus: Upper Body Strength

Tricep overhead extensions with an elastic band

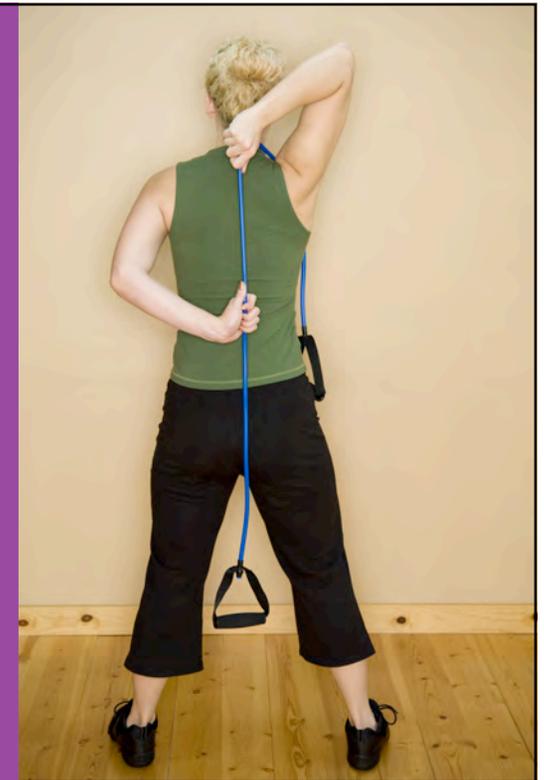
Standing, hold onto your elastic band with both hands. Pull one arm behind your back and the other extend it above your head bent at the elbow. When in a comfortable position, slowly begin to extend your arm overhead and slowly return back to a 90 degree angle bend. Repeat the exercise 10-12 times and then alternate arms.

Chest Fly with the elastic band

Standing, keep your stomach tight and your chest back. Grab the end of the band with each hand, slow and controlled extend your arms away from each other almost straight (your arms should be in straight line with your armpits). Return to starting position stop when your elbow joints are in line with your shoulders keeping the elbows bent.

Stand up

Standing up while on the phone is a simple way to help burn additional calories!



TRAINER'S TIP:

While standing straight, always focus on tightening your stomach to incorporate strengthening of the core while working on other areas of the body.

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Focus: Trimming the Fat

Crunches on the Pysio ball

Lie on the pysio ball with your shoulders against the ball and feet planted firmly on the floor. Slowly crunch and as you do so raise one arm towards the ceiling and extend towards the opposite side. Alternate each arm with each crunch.

Goal: 2 Slow and controlled sets with 25 repetitions in each set.

Overhead Press

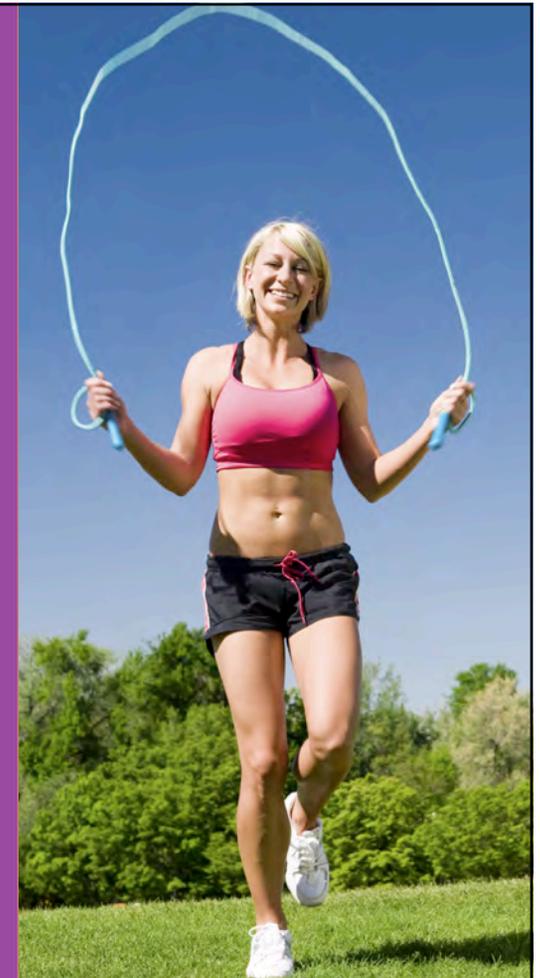
With a set of light weights (2-5lbs.) sit on the pysio ball with feet planted firmly on the ground, arms bent at 90 degrees at shoulder level and begin pressing up with both arms (never fully extending the arms) and slowly bring back down to shoulder level.

Goal: 2 Slow and controlled sets with 25 repetitions in each set.

Jump ropes

Jump rope is a great cardiovascular exercise. If you have the space, bring a jump rope to work and take 10 minutes out of the day every 3 hours to jump for 10 minutes.

Goal: 10 minutes of consistent jump roping = 1 mile run.



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Focus: No Excuse Yoga

Warrior II Pose

Standing up, reach your left leg out and forward and the right leg back. You want to slightly bend your right foot, reaching both your arms out wide keeping your heel in line with your knees, ab's pulled in and arms reaching out nice and long.

Goal: Hold for 60 seconds. Great upper and lower body workout

Warrior I

Keeping your Warrior II pose we will now transition into Warrior I by turning your body position towards the right and reaching both arms up above your head, reaching toward the ceiling and holding for 60 seconds then switch directions.



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