



INVESTING IN YOURSELF

“You Can’t Afford Not To”

Presented by: Cara Pacetti & Miriam Testasecca

What does Self Care Look Like?

<https://youtu.be/51mCvzMhoxw>

SELF CARE

- Oxygen Mask Example
- Recognizing Self-Care
- Taking care of yourself is **YOUR** Responsibility
- Stop Existing... Start Living

Sedentary Affects on a Moving Body

- Effects of a Sedentary Work Style
 - Physiological
 - Physical
 - Mental
- Sedentary Lifestyle Outside of Work
- A Body in Motion Stays in Motion

Get Moving with Miriam!

<https://youtu.be/f3QbCdZbR1M>

Good Stress Vs. Bad Stress

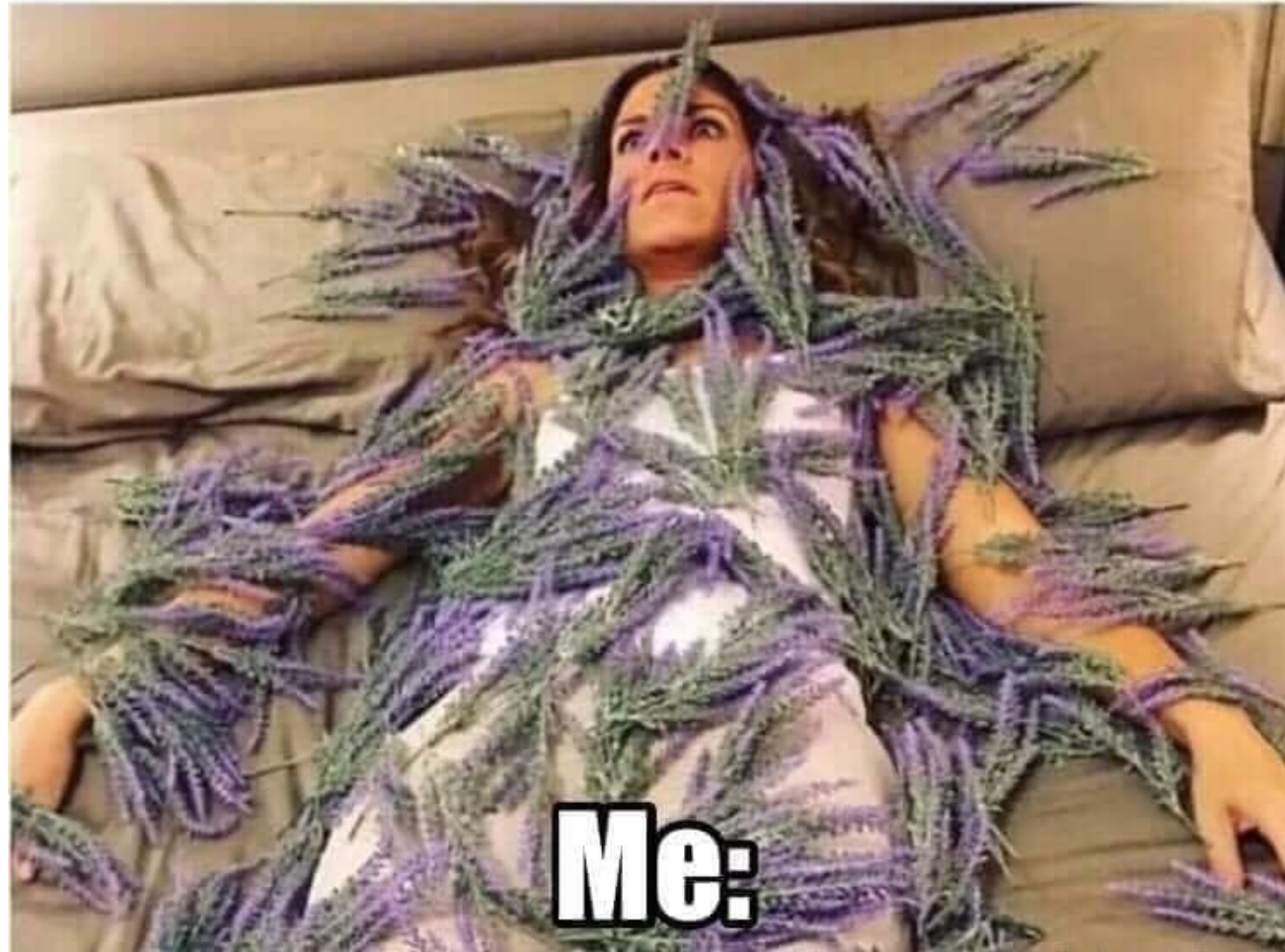
Good Stress

- Motivation
- Emergency Fight or Flight Response
- Physical Activity

Bad Stress

- Chronic Stress
 - Examples

Lavender Reduces Stress



Combating Bad Stress

- Exercise
- Living In The Moment
- Gratitude Journal
- Praying/Meditating
- Music
- Getting Adequate Sleep
- Walk Away/ Take Mental Break
- Reduce or Remove Social Media
- Meet With a Professional



Who has the time?



Be **INTENTIONAL**
With Your Time



Create a Schedule



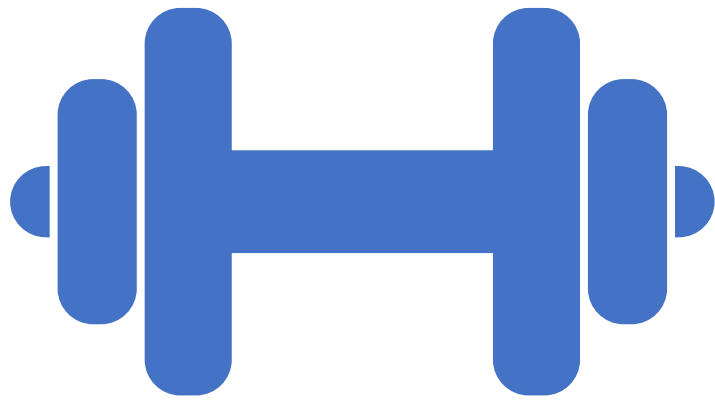
Divide the Day into
Sections or Blocks



Learn to say **NO**



Do Not Make Self-Care
Overwhelming



“INVESTING IN YOURSELF”

DESK EXERCISE PROGRAM

“Investing In Yourself”

Desk Workout Program

“If your gas tank was empty and you only had enough cash to fill it a quarter tank, you wouldn't keep it empty just because you couldn't fill it up all the way. Same goes for workouts. Can't do an hour? Do 15 minutes. Something is always better than nothing.”

Jordan Syatt—Syatt Fitness

- ⇒ **Goal of the Program:** to get up and moving at least 7 times a day during an 8 hour work day.
- ⇒ **Benefits:** To decrease the physiological, physical and mental effects of a sedentary work environment. To increase self-esteem and focus.
- ⇒ **Directions:** Pick one example from the list of exercises to perform each hour from for at least 7 out of the 8 hour work day. You can either pick them all in the morning to create a plan for the day, or each hour pick an exercise to perform. Be sure to mix up the exercises, alternating the muscle groups you utilize.
- ⇒ **Tips:** Try to incorporate a brief walk/run on your lunchbreak in addition to the 7 exercises. Mark a water bottle with each hour to add a hydration goal to the workout program.
- ⇒ **Extra Challenge:** Ignore the suggested reps, set a timer and see how many reps you can complete during the prescribed time.
- ⇒ **“Discreet” Exercises:** Are best for when coworkers are present.
- ⇒ **“Discreet” Exercises:** Are best performed when privacy is attainable.

Disclaimer: Cara and Miriam are not licensed medical professionals. Consult with a physician prior to performing any type of exercise and use sound judgement when attempting a new exercise program.

“DISCREET” DESK EXERCISES

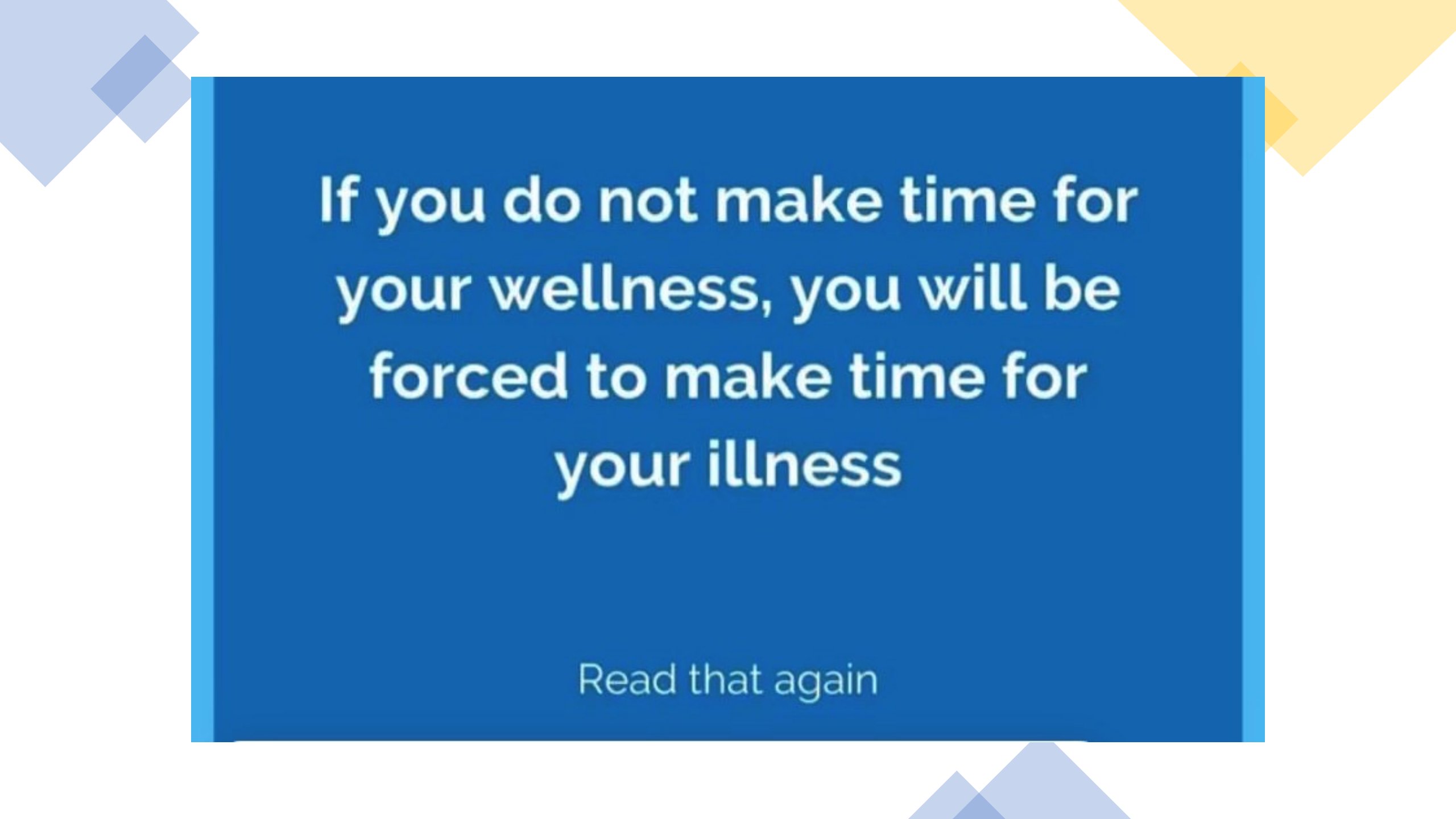
<u>EXERCISE</u>	<u>QUANTITY</u>
Bicep Curl	X30
Tricep Extension (Desk Drawer)	3x10
Air Squats	X30
Heel Raises (Single or Double Leg)	X50 or x25ea
Band Pulls (straight arms in front of body)	X25
Chair Clams (3 way)	X30ea
Leg Extension	3x10 (hold at top)
Hamstring Holds	X15 (5 second holds)
Rows	X15 (5 second holds)

<u>EXERCISE</u>	<u>QUANTITY</u>
3-Way Leg Exercise	X15ea
Shoulder Flexion/Scaption/ Abduction	3X10ea
Wrist Flexion/Extension Stretch	X3 (30 second holds)
Hamstring Stretch	X3 (30 second holds)
Calf Stretch	X3 (30 second holds)
Hip Stretch	X3 (30 second holds)
Doorway Stretch (Pec)	X3 (30 second holds)

“DISCREET” DESK EXERCISES

<u>EXERCISE</u>	<u>QUANTITY</u>
Walking Lunges	X10ea way
Jumping Jacks	X40
Side Step Squats	X10 ea way
Plank	1 minute
Plank with shoulder taps	1 minute
Standing Work (for standing desk)	1 hour
Chair Pulls	X15ea
Desk Pushups	X15
Rows (w/ resistance bands)	3x10

<u>EXERCISE</u>	<u>QUANTITY</u>
Lat Pull Downs	3x10
Tricep Pull Downs	3x10
Tricep Dips (Chair)	3x10
Wall Sits	1 minute
Chair Ab Roll	X15
V Sits (on chair)	X15
Copier Lunges	X15
Walk on lunch break	30 minutes—1 hour
All Discreet Desk Exercises	See Discreet Exercise Page



**If you do not make time for
your wellness, you will be
forced to make time for
your illness**

Read that again