The average person sits 8 hours every day. Sitting has been termed the “new smoking” due to the lack of activity which leads to a number of preventable chronic diseases. But who made the rule that says you have to sit still when you’re on a conference call? A conference call can be a great time to move your body and take a moment for your health.

GET MOVING WITH THESE SIMPLE CONFERENCE CALL EXERCISES!

“TEXT NECK SOLUTION”
NECK CIRCLES
About 15 seconds.

“HOPING FOR A RAISE”
ARM RAISES
Forward to lateral, then lateral to forward – 8-10 reps.

“PAPER WEIGHT”
ARM CIRCLES
Forward and backward holding paper weights (30 seconds each way).

“CONFERENCE CALL” CURLS
8-10 reps - Use paper weight or water bottle sitting at the desk.

“CONFERENCE CALL”
LUNGES
30 sec each side - use chair for balance.

“LONG WEEK”
NECK CIRCLES
About 15 seconds.
SNACK SMART!

SMART SNACKS HELP:
Resist overeating at lunch and dinner.
Keeps you energized.

LOOK FOR SNACKS THAT HAVE A COMBINATION OF:
Lean protein, high-fiber carbohydrates and healthy fats.

NONPERISHABLES:
- Natural peanut butter or any nut butter
- Mixed nuts or trail mix (1 oz or 1/4 cup serving)
- Reduced-sodium soup
- Low-sodium tuna packets
- Whole-grain crackers

PERISHABLES:
- Hard-boiled eggs
- Pre-cut fruits and vegetables
- Hummus
- Reduced-fat cheese sticks
- Low-fat yogurt
- Ground flax seeds (Add to yogurt)

SET YOURSELF UP FOR SUCCESS AND KEEP THESE SNACKS HANDY IN YOUR OFFICE:

Smart snacks help:
- Resist overeating at lunch and dinner.
- Keeps you energized.

Look for snacks that have a combination of:
- Lean protein
- High-fiber carbohydrates
- Healthy fats

SNACK SMART!