

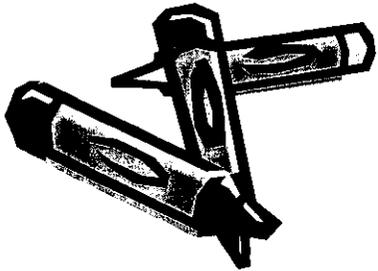
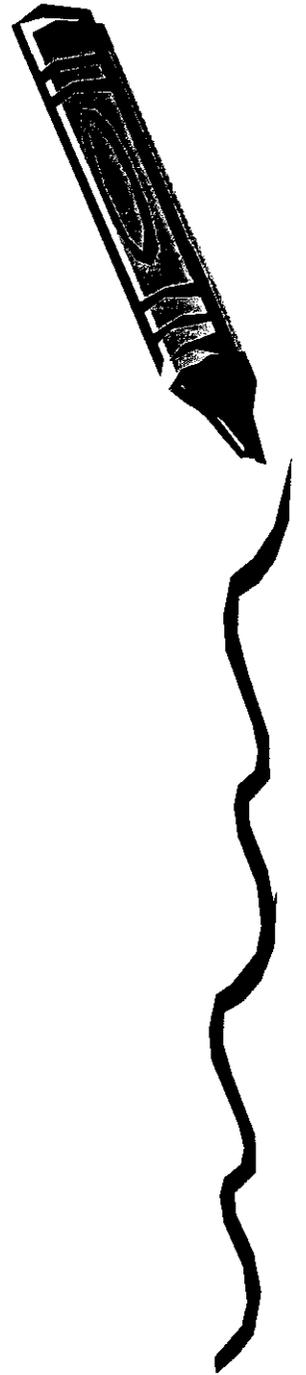
Exercise in the Workplace

**Dawn Braud, Manager
Woman's Fitness Center**



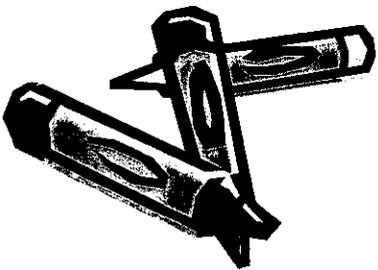
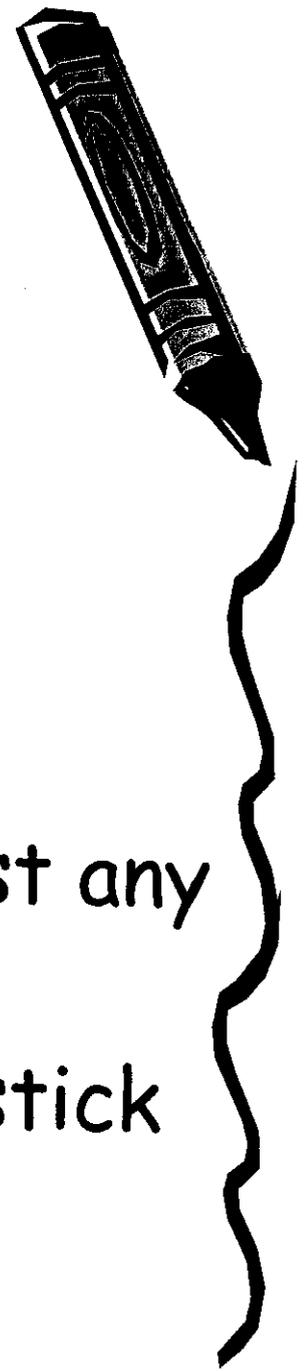
Workplace Lifestyles

- Sitting
- E-mail, fax ,phone
- Take out, drive through
- High calorie lunches
- Posture/abs and backs



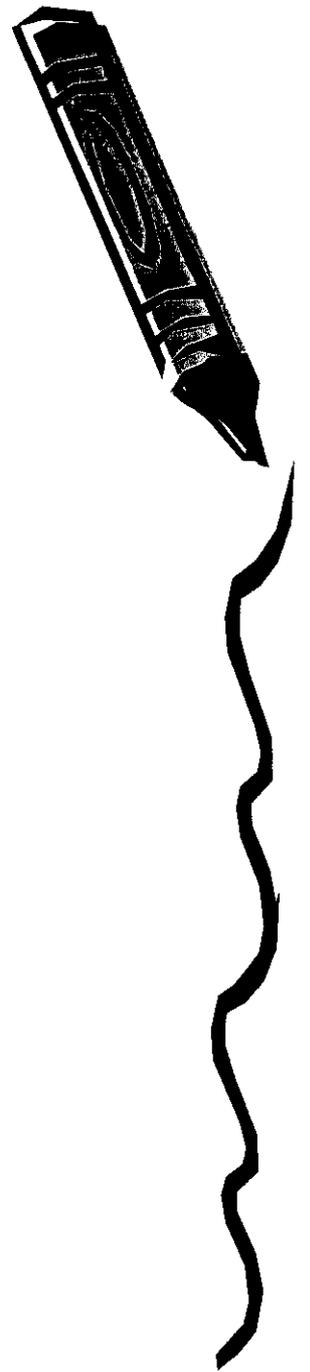
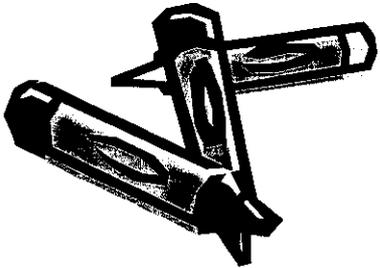
Reasons Why We Don't Exercise

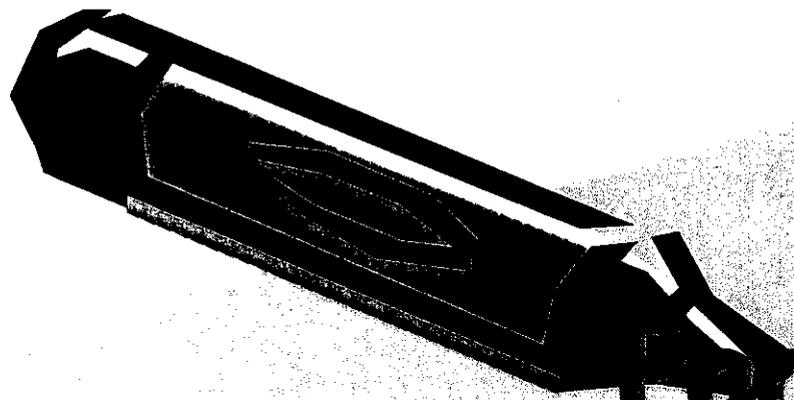
- I am too busy
- I have medical problems
- I am too tired
- I've tried before, but never lost any weight
- I am not motivated enough to stick with an exercise program



How to fit exercise in

- Fidget Factor
- Three 10 minute walk breaks
- Park in the "worst" spot
- Stairs
- Stand up
- Exercise at your desk





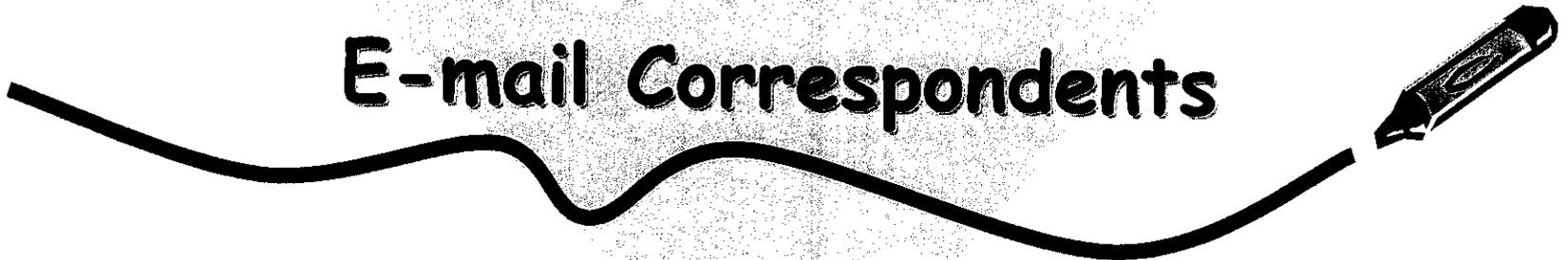
Partner Up!

Personal Trainers

Spouse/Friend

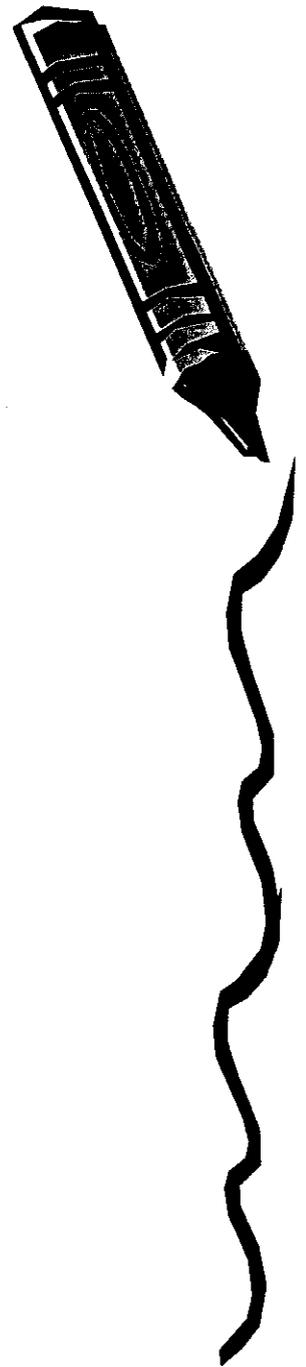
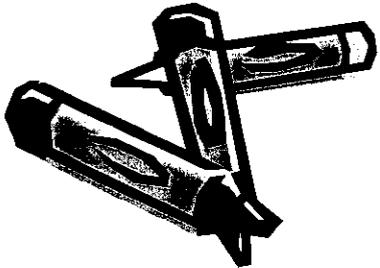
Coworkers

E-mail Correspondents



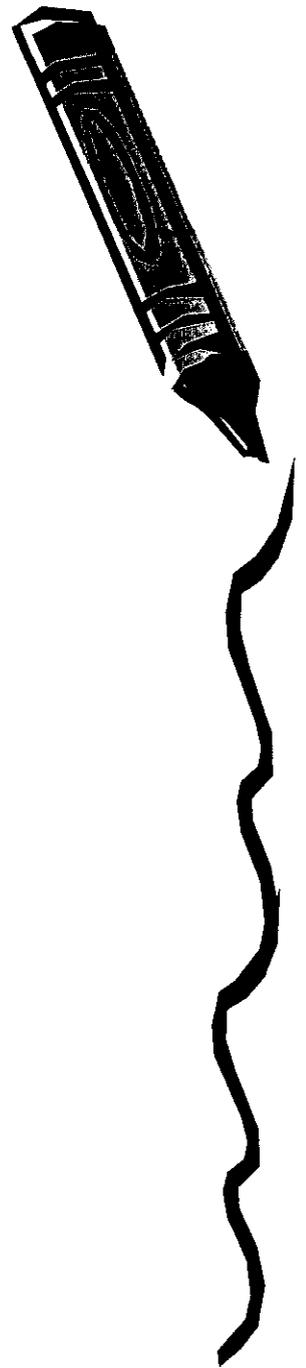
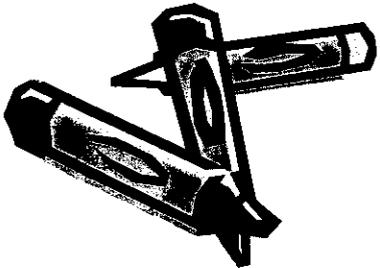
Seated Exercises

- Belly Breathing/Breathing Tall
- Seated Twist
- Wrist Exercises
- Neck Exercises
- Low Back/Twist
- Knee Flexion (lifts)



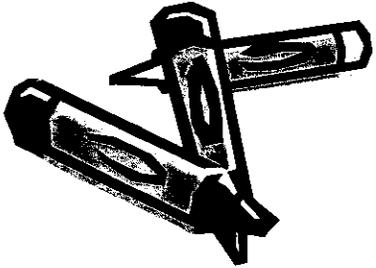
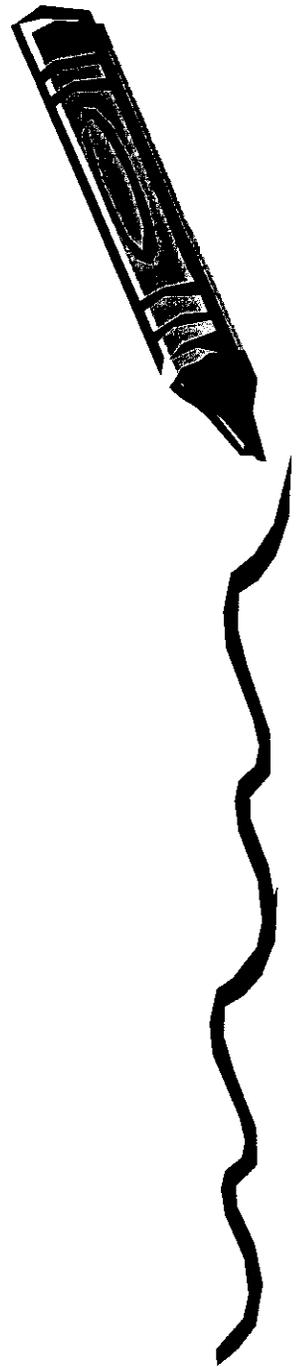
Standing

- Hip Abduction/Side Lifts
- Knee Flexion/Knee Curl
- Marching
- Partial Squat
- Wall Squat (Volunteer)
- Wall Push Up (Volunteer)



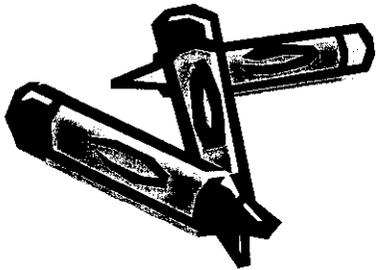
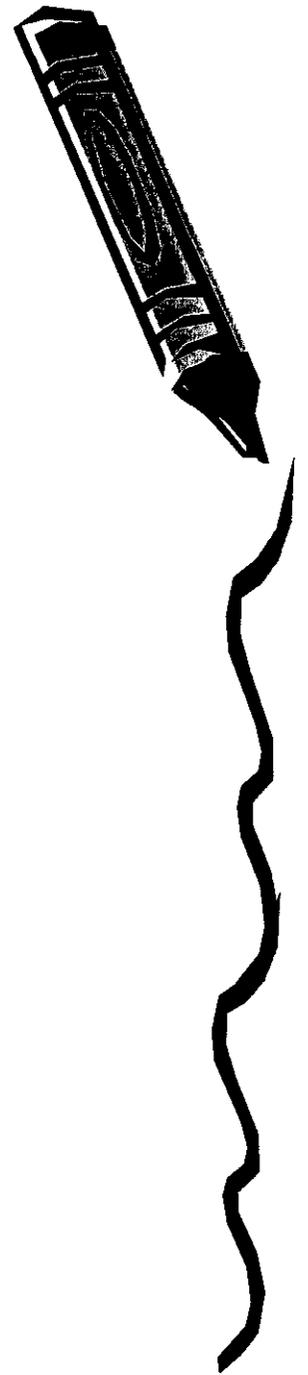
Put it together!

- Breathing 3x
- Neck Circles 3x R/L
- Sit to Stand 10x
- Side Bends

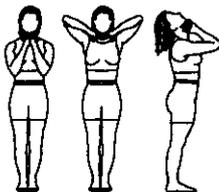


Questions?

Dawn Braud
Exercise Physiologist
dawn.braud@womans.org



Breathing Tall Stand Gull



- Stand with heels and toes together, with fingers interlaced under chin, elbows inward as shown.
- Begin breathing in while raising elbows out to side.
- Exhale by bending neck back and bringing elbows together in front.
- Repeat.

Perform 1 set of 1 Repetition, once every other day.

Hold exercise for 30 Seconds.

Spinal Twist Seated

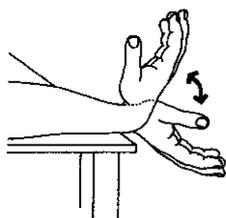


- Sit with legs in front.
- Bend left knee, placing left heel on side of right buttocks.
- Bend right leg and cross left foot over right thigh.
- Keep back straight, twist to right, and move left arm over right knee and grasp left knee.
- With right arm, reach to right and place palm on floor next to left thigh while turning neck to right and exhaling.
- Hold and repeat to other side.

Perform 1 set of 1 Repetition, once every other day.

Hold exercise for 30 Seconds.

AAROM wrist ext

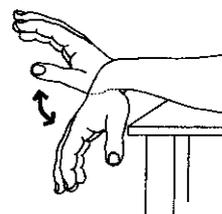


- Place forearm on table, hand off edge, palm up, as shown.
- Move hand upward.
- Return to starting position.

Perform 5 sets of 1 Minute, once a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

AAROM wrist flex

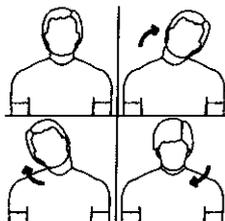


- Place forearm on table, hand off edge, palm down, as shown.
- Move hand upward.
- Return to starting position.

Perform 5 sets of 1 Minute, once a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

AROM cerv circum



- Sit or stand, looking forward, with proper posture.
- Gently roll head in circles to left, then to right, as shown.

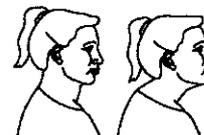
Special Instructions:

DO NOT BEND NECK BACKWARDS.

Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

AROM cerv protract



- Stand with proper posture.
- Move head forward, jutting chin forward.
- Return and repeat.

Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

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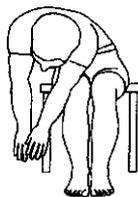
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AROM lumbar flex/rot side sitting



- Sit in chair, knees together.
- Reach to side of legs indicated with both arms reaching toward floor.
- Return to start position.

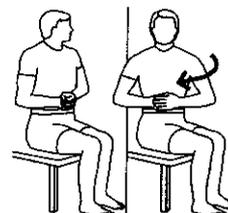
Perform 3 sets of 20 Repetitions, once a day.

Use Side.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

AROM lumbar rotn sit



- Sit with both hands at waist in front of navel.
- Without moving hands, rotate trunk slightly.

Special Instructions:

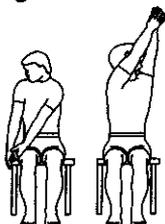
Maintain proper back posture. Motion should only be a few inches.

Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

AROM thoracic rotn diag



- Sit with hands held together over left hip.
- Lift arms up and twist to right, ending with arms overhead, over right shoulder.
- Repeat to other direction.

Special Instructions:

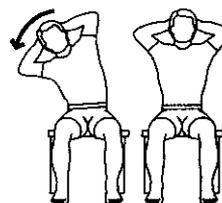
Watch your hands throughout the exercise.

Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

AROM thoracic sidebend



- Sit with good posture.
- Place arms behind head.
- Slowly bend to right.
- Return to upright and repeat to left.

Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

AAROM knee flex sit w/self



- Sit in chair.
- Move heel of involved leg under chair.
- Place other leg in front and push back.
- Hold stretch, relax, and repeat.

Perform 5 sets of 1 Minute, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

AROM hip abd uni stand



- Stand.
- Place weight on uninvolved leg.
- Keep knee straight, moving involved leg outward.
- Return to start position.

Special Instructions:

Keep trunk upright.

Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

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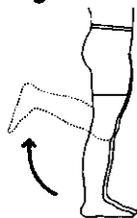
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AROM knee flex uni standing



- Stand, bend involved leg toward hip through full range.
- Return to starting position.
- Do not bend leg at hips.

Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

AROM knee marching



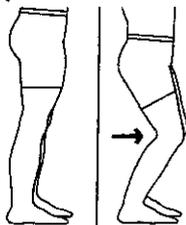
- Stand with feet at shoulder distance apart.
- Raise one knee up as high as possible and lower.
- Raise other knee and lower.
- Continue in a marching fashion, staying in place.

Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

AROM knee squat bil partial



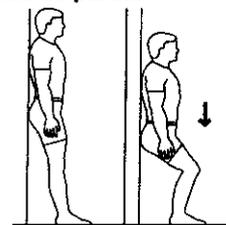
- Stand on both legs.
- Use wall or secure object to maintain balance if needed.
- Bend knees to 45 degrees.
- Return to starting position.

Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

AROM knee wall slide bil partial



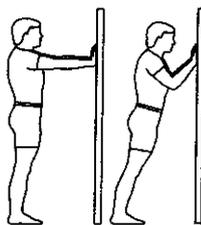
- Lean on wall, feet approximately 12 inches from wall, shoulder distance apart.
- Bend knees to 45 degrees.
- Hold 5 seconds.
- Return to starting position.

Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

AROM shld push-ups at wall



- Stand facing wall, about 12-18 inches away.
- Place hands on wall at shoulder height.
- Slowly bend elbows, bringing face to wall.
- Push back up to start position and repeat.

Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.

Perform 1 repetition every 4 Seconds.

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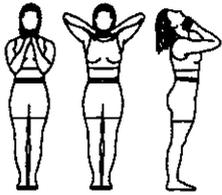
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1. Breathing Tall Stand Gull



Perform 1 set of 1 Repetition, once every other day.

Hold exercise for 30 Seconds.

					5/30	5/31
6/1	6/2	6/3	6/4	6/5	6/6	6/7
6/8	6/9	6/10	6/11	6/12		

2. Spinal Twist Seated

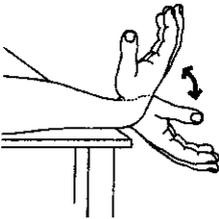


Perform 1 set of 1 Repetition, once every other day.

Hold exercise for 30 Seconds.

					5/30	5/31
6/1	6/2	6/3	6/4	6/5	6/6	6/7
6/8	6/9	6/10	6/11	6/12		

3. AAROM wrist ext

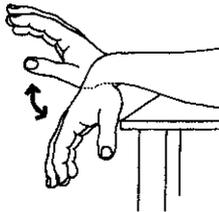


Perform 5 sets of 1 Minute, once a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

					5/30	5/31
6/1	6/2	6/3	6/4	6/5	6/6	6/7
6/8	6/9	6/10	6/11	6/12		

4. AAROM wrist flx

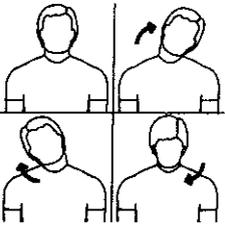


Perform 5 sets of 1 Minute, once a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

					5/30	5/31
6/1	6/2	6/3	6/4	6/5	6/6	6/7
6/8	6/9	6/10	6/11	6/12		

5. AROM cerv circum

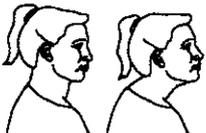


Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

					5/30	5/31
6/1	6/2	6/3	6/4	6/5	6/6	6/7
6/8	6/9	6/10	6/11	6/12		

6. AROM cerv protract



Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

					5/30	5/31
6/1	6/2	6/3	6/4	6/5	6/6	6/7
6/8	6/9	6/10	6/11	6/12		

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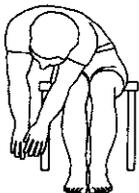
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7. AROM lumbar flx/rot side sitting

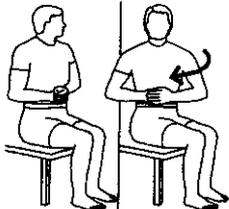


Perform 3 sets of 20 Repetitions, once a day.

Use Side.
Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

						5/30	5/31
6/1	6/2	6/3	6/4	6/5	6/6	6/7	
6/8	6/9	6/10	6/11	6/12			

8. AROM lumbar rotn sit

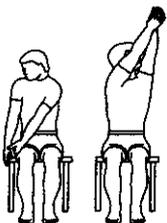


Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

						5/30	5/31
6/1	6/2	6/3	6/4	6/5	6/6	6/7	
6/8	6/9	6/10	6/11	6/12			

9. AROM thoracic rotn diag

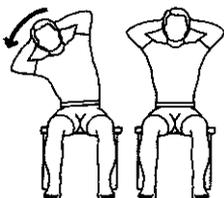


Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

						5/30	5/31
6/1	6/2	6/3	6/4	6/5	6/6	6/7	
6/8	6/9	6/10	6/11	6/12			

10. AROM thoracic sidebend



Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

						5/30	5/31
6/1	6/2	6/3	6/4	6/5	6/6	6/7	
6/8	6/9	6/10	6/11	6/12			

11. AAROM knee flx sit w/self

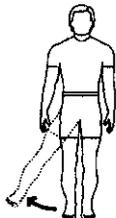


Perform 5 sets of 1 Minute, once a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

						5/30	5/31
6/1	6/2	6/3	6/4	6/5	6/6	6/7	
6/8	6/9	6/10	6/11	6/12			

12. AROM hip abd uni stand



Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

						5/30	5/31
6/1	6/2	6/3	6/4	6/5	6/6	6/7	
6/8	6/9	6/10	6/11	6/12			

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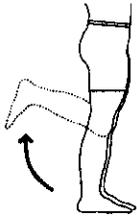
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13. AROM knee flex uni standing



Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

						5/30	5/31
6/1	6/2	6/3	6/4	6/5	6/6	6/7	
6/8	6/9	6/10	6/11	6/12			

14. AROM knee marching

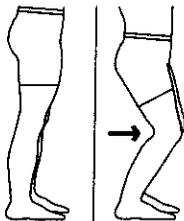


Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

						5/30	5/31
6/1	6/2	6/3	6/4	6/5	6/6	6/7	
6/8	6/9	6/10	6/11	6/12			

15. AROM knee squat bil partial

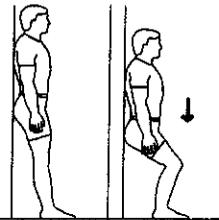


Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

						5/30	5/31
6/1	6/2	6/3	6/4	6/5	6/6	6/7	
6/8	6/9	6/10	6/11	6/12			

16. AROM knee wall slide bil partial

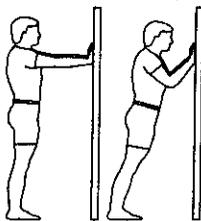


Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

						5/30	5/31
6/1	6/2	6/3	6/4	6/5	6/6	6/7	
6/8	6/9	6/10	6/11	6/12			

17. AROM shld push-ups at wall



Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

						5/30	5/31
6/1	6/2	6/3	6/4	6/5	6/6	6/7	
6/8	6/9	6/10	6/11	6/12			

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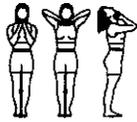
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Breathing Tall Stand Gull



Perform 1 set of 1 Repetition, once every other day. Hold exercise for 30 Seconds.

Spinal Twist Seated



Perform 1 set of 1 Repetition, once every other day. Hold exercise for 30 Seconds.

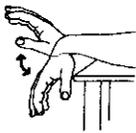
AAROM wrist ext



Perform 5 sets of 1 Minute, once a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

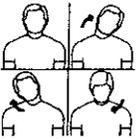
AAROM wrist flx



Perform 5 sets of 1 Minute, once a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

AROM cerv circum



Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

AROM cerv protract



Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

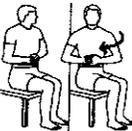
AROM lumbar flx/rot side sitting



Perform 3 sets of 20 Repetitions, once a day.

Use Side.
Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

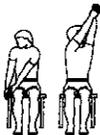
AROM lumbar rotn sit



Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

AROM thoracic rotn diag



Perform 3 sets of 20 Repetitions, once a day.

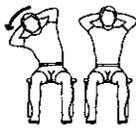
Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

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Signature: _____

These exercises are to be used only under the direction of a licensed, qualified professional.

AROM thoracic sidebend



Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

AAROM knee flx sit w/self



Perform 5 sets of 1 Minute, once a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

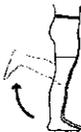
AROM hip abd uni stand



Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

AROM knee flx uni standing



Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

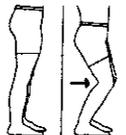
AROM knee marching



Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

AROM knee squat bil partial



Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

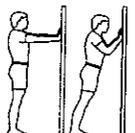
AROM knee wall slide bil partial



Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

AROM shld push-ups at wall



Perform 3 sets of 20 Repetitions, once a day.

Rest 1 Minute between sets.
Perform 1 repetition every 4 Seconds.

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Signature: _____

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