STAYING ACTIVE DURING COVID-19

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Rethink your fitness strategy

• Acceptance of short time frame
• CDC recommends bouts of 10 minutes
• Move more, sit less
• Activity has immediate physiological and psychological benefits and prevents most conditions
• Moderate physical activity boosts immune system
• Strength and weight training are not synonymous
8 WAYS TO INCREASE MOVEMENT AT WORK

01. Try working from a standing position as this burns 40% more kilojoules than sitting at your desk.

02. Take walking breaks often and have lunch out of the office.

03. Buy or borrow a pedometer to motivate yourself to do 10,000 steps a day.

04. Stretch once an hour at your desk.

05. Walk around when talking on the phone.

06. Stay well hydrated with water in order to frequently visit the bathroom.

07. Go talk to your colleagues rather than emailing them.

08. Try standing work meetings or going outdoors.
Go outside

• Sunshine/UV, wind help degrade the virus
• Watch the “slipstream” when running or biking
• More space
• Careful of sports
Indoor options

• Indoor workouts
  • 3 minutes for every 30 minutes
  • Stairs – slow, fast, up, down, sideways
  • Dance parties

• Online workouts
  • Faculty Staff Fitness Online offerings, $20 pre-recorded for term
  • Dixon members Zoom Classes with membership
At home strength exercises

- 10-12 repetitions
- 2-3 sets
Don’t have fitness equipment?

- Cans or water bottles for dumbbells
- Empty milk/water jug
- Backpack for weights
- Books to go in backpack
- Mat or carpeted space
Lower Body
Tension Relief
Guide

Seated Forward Bend
Seated Neck Stretch
Seated Twist
Knee to Chest

Standing Forward Bend
Hamstrings Stretch
Standing Forward Bend

Upper Body
Tension Relief
Guide

Neck Side Bend
Neck Rotation
Shoulder Extraction
Shoulder Shrugs

Shoulder & Rotator Cuff Stretch
Overhead Reach
Side Bend & Triceps Stretch
Wrist Flexor & Extensor Stretch

Move slowly - Hold each stretch for 20 seconds per side - Stretches should be pain free.
THANK YOU!

HTTPS://HEALTH.OREGONSTATE.EDU/FSF
Resources

• [https://www.health.harvard.edu/staying-healthy/how-to-boost-your-immune-system](https://www.health.harvard.edu/staying-healthy/how-to-boost-your-immune-system)
• [https://www.sciencedaily.com/releases/2020/03/200331162314.htm](https://www.sciencedaily.com/releases/2020/03/200331162314.htm)
• [https://www.washingtonpost.com/lifestyle/wellness/exercise-immunity-coronavirus/2020/04/14/a4dcb5f4-7e82-11ea-8013-1b6da0e4a2b7_story.html](https://www.washingtonpost.com/lifestyle/wellness/exercise-immunity-coronavirus/2020/04/14/a4dcb5f4-7e82-11ea-8013-1b6da0e4a2b7_story.html)