

# CORONAVIRUS DISEASE 2019 (COVID-19)



## Exercises and Fitness Activities for Working from Home



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### Exercises and Activities for Working from Home

One of the reasons Tammy Ayzenberg, Patient Billing Services-Columbus, appreciates working from home is what is to her an increased ability to exercise. "I lost 30 pounds on the pandemic," Ayzenberg said, due to "walking during my breaks, exercising doing 60-minute high-intensity interval training classes and running on the weekends."

Kyle Anthony, compliance specialist, Integrity and Compliance, Holy Cross Health, Maryland, also has been thriving with working and exercising from home. He said, "At home, I use a fitness app on my phone that provides different types of virtual circuit workouts – from Pilates, core work, HIIT, and weight training, to name a few. Additionally, I go on runs in my neighborhood, go hiking, or I go on walks on weekends when the weather is nice."

For many colleagues, though, the pandemic has translated to "The COVID 19" (as in pounds) or "The Quarantine 10." "The few steps between the desk and the refrigerator make it too easy to grab snacks, and the fact that we're not even walking to our buildings and our cars anymore mean fewer steps," said Jodi Weiner, vice president, benefits & well-being, Trinity Health.

Diane Moritz, director, Loss Control, Insurance and Risk Management, noted that sometimes colleagues have trouble separating work life from personal life while working from home. She reminds us that "conscientious self-care includes work hours" and said achieving this balance "is an investment in your health and well-being overall." Building fitness into your daily routine is an excellent start toward work/life balance, she and Weiner agreed.

Remember, prior to beginning any exercise program, consult your physician.

Live Your Whole Life has several ideas for keeping active (see the [Live Your Whole Life 10 Minute Workout Worksheet](#) for an additional tracker):

- **Start or change up your routine with a Journey (digital coaching modules)**
  - **Walk Your Way to Fitness** - You don't have to run marathons to get measurable health benefits from exercise. Just start walking. A goal of 30 minutes a day is all you need to be on your way. Let us show you.

- **Change Your Workout** - Even the most dedicated workouts can get stale over time. But they don't have to. Make the most of your favorite workouts and learn about new ways to make sure your fitness routine is never standing still. Change it up!
- **Fit as a Family** - Kids start forming physical activity patterns as toddlers. And they last a lifetime. But it's never too late. Build the habits you want for your family starting with 5 or 10 minutes. All you need: some creativity, a sense of adventure and a willingness to get silly. After all, kids just want to have fun.
- **Get Strong at Home** - Why do muscles matter? Let us count the ways. Strong muscles can boost your energy, help to manage your weight and even keep you out of a nursing home. We all lose some muscle mass with age, but exercise can help. And you don't need a gym. Here's how to build strength in small ways every single day.
- **Move to Lose** - To lose weight, most people think they need to eat less or exercise harder. But there's another smart way to burn more calories every day. Scientists call it "NEAT" and it stands for the calories you burn when you're NOT exercising. NEAT is about being more active in small ways all day long. Here's how.
- **Learn the basics of yoga**
- Practice through the **Yoga 101** starter program
- Turn small steps like taking an exercise break, moving once an hour, being active with family and more by using your choice of the 22 "Get Active" **Healthy Habits** in your *Live Your Whole Life* account
- Invite others to join you in working toward your goal by creating a **Steps Challenge** or **Healthy Habit Challenge**
- **Set personal reminders**
- **Enlist the support of your colleagues, family and friends**

Here are some ideas for quick and easy exercises to do while at home from St. Mary Mercy Livonia and Mercy Elite in southeast Michigan:

1. **Sitting knee lifts:** sit at the edge of your chair, lean forward, try to lift one foot and then the other foot off the ground while holding still your position. Use your hands to help brace your position by holding on to the sides of your seat. Keep trying for one minute.
2. **Overhead reach shoulder shrugs:** reach both arms straight overhead. Shrug your shoulders and try to straighten both elbows, bringing your arms behind your ears and eliminating any space between your neck and arms. Repeat for up to one minute.
3. **Shoulder to chin:** without moving your head nor any part of your body from waist down, alternately bring one shoulder to your chin and then the other. Repeat for one minute while focusing your eyes on a target in front of you.
4. **Lower Body Twist:** with your feet together and knees slightly bent, alternately twist/rotate your knees and pelvis together right and left for one minute. Keep your upper body from moving and avoid shifting your hips side to side. You may use light touch support with your hands on a table or a wall for support to keep your upper body stable and help maintain a twisting/rotating motion vs. a side to side shifting motion.
5. **Upper Body Twist:** in a mini squat position and your arms held across your body, alternately twist/rotate your upper body right and left for one minute. Keep your lower body and head from moving. You may need to prop your rear gently against a wall for support to keep your lower body stable.

6. **Running in place:** simply run in place as fast as you can tolerate. Pump your arms and legs together in short quick motions for 10-20 seconds. Repeat 2-3 times as tolerated.
7. **Air drum:** pretend that there are drums positioned all around your body. In a mini squat position, repeatedly bang those drums with your hands as fast as you can tolerate alternately switching from your right and left sides. Try to keep your head and lower body still throughout.
8. **Knee to chest:** in standing, use your hands to bring one knee up as high as you can tolerate toward your chest without losing height. Try to maintain your position and height of knee while you let go with your hands. Try to balance for 10 seconds. Repeat 2-3 times on both legs. You may need to use light touch support with one hand on a table or a wall for balance.
9. **Arm isometric push and pull:** push your arms together in whatever position is most comfortable (palm to palm, fist to palm, forearm to forearm). While maintaining the push, move your arms in small, tight circles both forward and backward for 10-20 seconds at a time. Alternate this exercise with another in which you maintain grasping your fingers together while pulling your arms apart. While maintaining the pull, again, move your arms in small, tight circles both forward and backward for 10-20 seconds.
10. **High reach and step:** raise one hand overhead as high as you can tolerate to maximally elongate your body. Lift up same side knee as high as you can while maintaining your balance. Repeat with the other side of your body. Try to continually reach higher each time, using your whole body from your toes to your longest finger. Alternate left and right sides for one minute. You may need to gently place your foot on chair in front of you for balance.