

Webinar Transcript:

Boosting Employee Well-Being: The Impact of Movement Beyond Exercise

Hello, everyone. My name is Dan Proulx. I'm the president of Wellvation. Over the past 16 years, our firm has worked with employers all over the country to help them construct and manage their employee wellness initiatives. We provide our clients with a wellness management platform called ManageWell, along with strategy, consulting and analytics. Since the beginning of Wellvation, we've had a relationship with Mayo Clinic whereby we utilize many of their resources, including content and research, their health assessment, question set and scoring algorithm, as well as subject matter experts to help us create impactful programming for our clients.

Today, we'll explore the topic of movement across our clientele that remains a desire to help their employee populations move more and indeed lead a more active lifestyle. That's why I'm excited to introduce you to Bradley Prigge. Brad is a wellness exercise specialist for the Mayo Clinic Healthy Living program. Brad has been helping people through behavior change while finding joy through being active, engaging and engaging in movement experiences for over 20 years.

He holds a Bachelor's of Science and a master's of education degree in kinesiology from the University of Minnesota. His continuing professional education includes being a certified exercise physiologist with the American College of Sports Medicine, and also a National Board Certified Wellness coach. Brad's interest in wellness coaching has led him to complete three wellness coaching training programs, and now he assists in developing the physical activity component for the Mayo Clinic Wellness Coach Training program.

Brad, thank you for being with us today.

Yeah, well, thanks for having me here. And this is a great topic here to talk about. Really excited about that. That process of movement and how we can help people, move to greater levels, with greater ease. We've got this topic here of NEAT. And we'll share what need stands for and how that is incorporated into movement.

Most importantly for individuals here, it's really about how do we get how do we make progress from one point to another? We'll share what some guidelines are and recommendations. But

most importantly, for individuals, more important than just hitting any specific number or any specific point, it's really about how do I move a little bit forward.

How do I make some progress here? And that's really kind of the biggest, out of this talk here is really how do you how people moving forward. Yeah. Guidelines are great and they serve a purpose. But most importantly, how do we just help you keep making progress within that? So again, thinking about this component of need, it's really about movement.

And how do we help people move to greater levels? So overall, when we think about movement, many people are kind of familiar with maybe some of the major guidelines. And we certainly like to share them here. And these are many times familiar to people in terms of cardiovascular training, resistance training, flexibility, even kind of balance and coordinating, coordination within your motor exercises.

And ultimately, these are valuable. They are important. When we think about movement, these certainly are components. We also know that movement is much more than just these guidelines as well. So as an example, we talk about the cardiovascular training guidelines. And many people are kind of familiar with the 150 to 300 minutes a week of moderate intensity activity, which for most individuals is kind of a brisk walk.

And when we think about that, certainly we know that even below those levels there's benefits. And even if we go above those levels, well, there's still a benefits of engaging in those types of activities. One thing more recently from these guidelines, is that they even dropped it used to be there had to be accumulated in, bouts of ten minutes or more.

And more recently, they've even dropped that, knowing that even at levels less than ten minutes, there's still value and benefit. And that's kind of partly or stems into part of our discussion here today in terms of how do we just build in movement throughout our day and knowing that even smaller levels of movement, are valuable and helpful?

So thinking about this here as well, kind of setting the stage. We like to think of this as a journey rather than any one particular destination where you fall. If you look at those guidelines and you say, I can't hit 150 minutes, well, that's okay. Rather than worrying about the 150 minutes, where are we at this particular point?

What little curve are we at here? Even if you're at 25 minutes, well, how do we build that forward? You know, sometimes people say, well, when I lose 20 pounds, then I'll go to the gym when I feel better about it. But it's really about, where are we right now? And how can we help you take a few steps forward.

What's maybe an idea or two that help bring you a little bit closer to where you want to be, knowing that this journey is constantly weaving and winding and, different looks down the road.

So when you were doing this again, it's really what's helping me move forward. I'll share again what maybe some of the guidelines or some of the recommendations are.

But most importantly, whether you're ready to be there or not, it's what's helping you move forward. How can we use this information to move more throughout our day and help you feel better? So in kind of that respect here too, we like to get this thought process of what does movement entail. And I know, Dan, just kind of checking in with you here too.

I know you see the question on here, but it'd be great to have, just some, maybe some examples from you. And when you think about in what ways have you moved today? Are there any, any ideas or things come to mind of, of how you move today? Well, I got up so that was an important first step.

Yeah. Yeah. Most of my days are fairly typical. I would imagine a lot of people I get up and cleaned up, ready to go into work and, usually our parking lot is, a good day can be a good distance away from our office. So when I came to that park, as far away as I possibly can, climb a couple flights of steps to get into our office, and that's it.

So presently, since I woke up today, that's the extent of my movement. Okay. Well, thank you for sharing that. And and a couple of things that really come through there. You know, sometimes we hear from people. In what ways have you moved today? And it's the typical. Well, I went to the gym. I went for my exercise.

And that's certainly a part of movement. I really appreciate how you kind of highlighted two while sometimes I parked further away, I got up and out of bed. Yeah, that's a part of movement, here as well. And overall, when we think about this topic of movement, it's really about how do I maybe expand what I've maybe counted before as what movement might be.

We don't want to limit our definition of movement within that. And so there's all kind of stems from how do we expand our definition of what movement is. And so many times we might come across where people would equate exercise as the equivalent of movement. And certainly exercise is a component of movement. So if we do have somebody that says, yep, I went to the gym today or I got on my treadmill, that is certainly a part of movement.

At the same time, we know that exercise is only one component of movement. Movement entails much more than just exercise in and of itself within that. And we like to highlight that because even those things, like you said, maybe I parked further away, that still has value and benefit from a risk reduction standpoint and from building our capacity standpoint.

So there's a lot of value to that. So especially when we start talking about some of these concepts here that we'll get into a little bit later in this presentation, that value of movement, the more we can define of what incorporates movement. Research really shows that the more likely

we are to actually achieve what the guidelines are or recommendations are for even exercise within that.

So we do like to highlight and say, how can we maybe broaden this definition of what counts as movement. Sometimes people will say, well, I walk the dog, but that doesn't count as my exercise. And that's okay if that's your definition of exercise. From a physiological standpoint, there still are a lot of benefits from that walk, even if it's not the huffing and puffing.

And I I'm at the gym monitoring my heart rate type of movement. So we'll share a little bit more about what the research shows and how important and value some of those types of movements can be as we go along here. So as we kind of frame this, this is maybe, taking a take a typical look at what does an active person look like.

And I'll start by kind of framing things with, the bottom portion of the screen here. And when you take a look at these two individuals and what does an active person look like? And when you look at that, that person on the bottom there, you see, throughout their day, they spend a lot of time sitting throughout their day.

Now when you look at this, you may see they went to the gym over their lunch hour. And so when we take a look at maybe the how people maybe traditionally looked at movement and exercise, you would maybe say they're a mover because they went to the gym over their lunch hour. They got in their exercise session, which is great.

And at the same time, though, you also see that they spent a lot of time sitting throughout their day, below that line in kind of the red there. You see, that's kind of time spent sitting on maybe compare that with the person or the individual on the top, and you see that there's very little time below that line there or in the red where they were spent sitting.

They maybe didn't get to the gym that day. However, you see that much of their time was either spent standing or stepping and kind of ambulate within that. And so when we think of what does an active person really look like, ultimately, as we see later on through the research, if we can combine both of these aspects, that's really ideal.

If we can get in that time at the gym, that's great. There's an added value there. At the same time, even if we can't get in that time at the gym, just being up and moving around has a lot of value and a lot of benefit within that. So again, we just like to kind of frame this story of any type of movement can be helpful and valuable.

And we've known for a while that sedentary, sedentary time has added risks within that. And this is just some research highlighting some of that. So from an occupational standpoint, we know, for a while now that we are spending less time doing activities and we are spending fewer and fewer calories at work, especially as we think about I'm at home.

I don't have to move a lot. I'm just not spending that time. Burning calories. And from about the 1960s, this study here was from about 1910 or 2010. You see that both men and women, about 100 to 150 calories per day. We're spending fewer and fewer calories. And it may not seem like a whole lot just for one particular day, but when we expand that out over the course of a week, a month, a year, if there's no dietary changes, that's over a 5 pound weight gain over the course of a year.

So we know that when we're not moving as much, we're not expending as many calories that can really have an impact there in terms of weight gain. Also, from a risk standpoint, we've known, for a while now some early research. One was specifically around bus drivers and bus conductors, as you see on the screen here. And what they did was they took a look at the bus drivers who were more sedentary and just sat behind the wheel and drove, and they compared that to the bus conductors who actually had to walk up and down the aisles and physically take the tickets.

And we saw that there was twice the risk. By bus drivers to bus conductors, meaning those that sat behind the wheel and were more sedentary, had twice the cardiovascular risk of cardiovascular advance and carry around vascular related aspects, twice the risk versus those that were up and walking around. They've also done, studies in the US here with mail carriers and mail sorters and those that had to stay back, at the office versus those that were out walking at the routes found really the same information.

Those that were more sedentary had twice the cardiovascular risk as those that were out walking around. So we've known for a while that sedentary behavior has, additional risks. We've also seen at the home, not only occupationally, but even at, at the home, our lead physician likes to call this the good, the bad, and the ugly of modern conveniences.

And, I'm always a little bit cautious with good and bad terms. But for many individuals, this seems to hold true here. But some of the research that we've seen, especially around movement and activity, when we look at things around, cooking, cleaning, doing household tasks, we know that with technology, we've drastically dropped the number of hours that we spend doing that per week.

And I'm not sure about you, Dan, but I always like to check in with people. But many people say that they don't want to spend time doing cooking, cleaning and laundry, within that. But I have found a few who have said, yes, I would love to do that. I'm not sure where you for, but it's making me second guess my purchase of that automated Roomba vacuum cleaner than I am.

Oops. Yeah, again, there can be some advantages there, but definitely we're going to we're not going to be moving as much. So at least if you bought that, I would assume that you don't want to spend as much time doing cooking, cleaning the laundry, and some of those aspects that I'd rather be glossing. Yeah. At least that's activity.

Yeah. Well, and it certainly follows that trend. We know that, we don't have to spend as much time doing those things. Modern conveniences have really helped us in those ways. At the same time, I know we've seen before at work we're spending fewer calories. Now, this study here, is specifically per week. But again, we've seen that even at home, we're drastically reducing the number of calories per week that we're spending doing things like cooking, cleaning and laundry and that, and then what has really drastically changed as well, is screen time has really increased, with that.

And typically screen time is again another sedentary time. And it's not to say that screen time in and of itself is bad. It's really just that when we see that that sedentary behavior, how can we counteract, at least if you're going out golfing, you're doing something that's physically active, within that. But again, if we're replacing things with just sedentary time, that can be a real challenge.

So we do like to highlight that exercise and sedentary behavior from a risk standpoint too. They really are separate components. So what you're seeing here, especially across the horizontal axis here, is time spent with physical activity within that and across all of these. Here we're comparing to time spent watching TV. And again, TV itself isn't necessarily bad. But typically if we're just watching TV, typically that's a sedentary activity.

And what you really seeing here is that across all these activity levels. So even if even if we're exercising greater than seven hours a week, the more TV we watch, the greater the risk of an early death is what we're seeing here, really. And again, as we go across this here with each level here, the less TV we're watching, the less risk we have.

We can never eliminate all risk. But the more sedentary we are, even if we're exercising, there's still additional risk. And one thing we like to highlight is maybe we're getting in at least one or the other. So maybe I don't exercise a lot, but if I can, if I'm not watching a lot of TV, that's that's still fairly close to, you know, maybe I am exercising a lot, but boy, I'm still watching a lot of TV.

So again, ideally we can exercise and we can limit our sedentary time, but especially if we're not exercising, if we can limit that sedentary time, there's a lot of value in there from a risk reduction standpoint. So when we think about movement in and of itself, there's actually an acronym here. And this really comes from Doctor James Levine, a researcher at Mayo Clinic here.

But he came up with this term called NEAT or non exercise activity thermogenesis. Again, this is a separate component to that exercise aspect. But what this stands for I know NEAT is kind of a mouthful to say. And most importantly it's really about our body moving throughout the day. It's not our structured exercise time, but it's movement throughout the day, our body expending energy and burning calories through movement.

But maybe again, not our definition of what is exercised. But I am moving throughout the day, and this is some of the research that we're going to highlight here in terms of when we think

about this category of Non-exercise activity thermogenesis. There's a lot of value from a risk reduction standpoint around this. So we have again we have this separate category called NEAT.

And so when we think about this this is really some of Doctor Levine's early research and kind of how he came about, promoting more just movement, even outside of just exercise. So one of his early research studies, it says the search for missing calories here. His initial question, was there are some individuals that claimed that they did not exercise and yet they were still in a lean category.

And so he really kind of thought, well, if you're if you're in a lean category but you're not exercising, how is that possible in today's world? You know, again, that that exercise component that we used to think is what we needed to do. And so what he did is he actually devised, an under suit that you're seeing here with a number of different activity trackers.

You know, now, much of that technology is in the little watches that we wear. But at this particular time, he created this under suit with a number of different activity trackers, so he could really monitor, what their movements were, what their positioning was, and what types of activities they were doing throughout the day. So people would wear this suit, throughout their day.

They'd actually come back to the lab the next morning, shower, put on a new suit, and then go about their day. And what he did was he compared a group of individuals that were in an obese category at a group of individuals that were in a lean category, but their commonality that they had, because both groups didn't do any purposeful exercise.

And what Doctor Levine found, after looking at the data, was especially for that lean group. They were up and active for about two to 2.5 hours more per day than the obese group. So it was not structured exercise time, but more. They were just up and active throughout their day. And especially as you can see over time, this can really start to have an impact, from a caloric expenditure or, and, and a calories perspective around there.

So again, it's really highlighting the importance of movement in and of itself, especially if we're not exercising that movement can be helpful. So what we like to talk about here at the Healthy Living program is really that exercise component is important. And we certainly understand that. But we also know that just movement in general has a large impact.

And especially we know for many individuals, if you look at the research, many individuals don't exercise. So if we can especially start to help people find opportunities to just get in any type of movement, parking further away, like you mentioned there. And we'll talk about a number of other strategies or ways that we can identify opportunities to have if we can get in that movement throughout the day, it can have a very, very beneficial effect.

So when we take a look at how does our body burn calories, these are the couple of things that we like to highlight. Overall, the the majority of our calories are spent through our BMR or our basal metabolic rate. And for those of you that may not be familiar for the BMR, the basal metabolic rate. If you were just to lie in bed and absolutely do nothing all day, but just lie there.

That's that's really your BMR. How much or how many calories does your body need just to sustain itself? Just to breathe for your brain to function, for your heart to pump. That's actually the the majority of the calories that we need throughout our day. Then there is this, this stuff here, this thermic effect of food.

Basically, we have to expend a little bit of energy to get that energy from our food and pass it through. And then this is where, again, we can really have an impact here. And this is just an example. And certainly for some individuals, it may adjust, you know, if if you running ultramarathons this this may adjust here a little bit between the BMR and this activity thermogenesis.

But roughly for the average individual about 30% through movement itself or this activity thermogenesis. This is where either exercise or the non exercise component, if you're hitting the gym for 60 minutes a day, great. But also we can make a large impact through this non exercise activity thermogenesis or just being on our feet and moving around throughout the day.

Again we realize that many people don't exercise. So if we can start to increase this meat, and just overall movement throughout the day, we can have a fairly significant impact. And this research here kind of highlights how much of an impact some of these activities can actually increase. Eye movement. So what you're seeing here is with these activities, it's a percentage increase above our BMR.

So as you see on here, you know, Dan, with you even just sitting in the chair right there, you increase about a 5% bump. From just lying in the bat. You're interacting with gravity a little bit, just sitting in the chair there. Now, if you move to a standing position, there's a little additional, bump up.

It's not drastic, but there is a little bit of an increase if we just stand up, out of our chair. There. Now, the next one you see here, I think this is a research that just must have been really, really bored and said, how do I mix things up here and provide a little bit of fun?

But what do you see gum chewing there. This person was actually standing and putting in six pieces of gum in their mouth, so I'm not sure how many, how many people actually do put it six pieces of gum. But for this study they did. So, I guess that that would be a 20% bump. But even if we look at even just walking at one mile an hour, you see it basically doubles our caloric expenditure for that amount of time.

If we were just lying in bed and again, you can see these continued increases in here. So the time that we are spent doing things, even just simple walking here, that can start to make a

pretty, big impact in terms of caloric expenditure, especially if we can start to spend 30, 40, 60 minutes more a day and extend that day to week to month.

If we can start to really improve that, we can start to make some some impacts there, at a pretty good level, not only for caloric expenditure here, but this is just highlighting, even with things like energy levels and fatigue. This was looking at a group of people here and, just looking at a simple walking group, and adding in little walking for groups or for people who complained a percent of persistent fatigue.

I know sometimes people say, well, I'm already tired or I'm already fatigued, and now you tell me to walk a little bit. Isn't that going to make me more tired? And actually, this really shows just the opposite. And so within these three groups here, there is, there is a group that that really didn't make any changes.

Then there was a group that did maybe a little bit more structured exercise and brisk uphill walking. And you see, even with the the uphill walking group, they still reported 20% greater levels of energy and about 50% reduction of fatigue there, but more importantly here, that you kind of see that the group that actually did a little bit better, even, was just a self-selected walking group.

So this leisurely walking group, just did, 20 to 30 minutes of walking at their own pace, whatever pace they decided to do. And you can see here that they even did a little bit better than this brisk uphill walking group in terms of reducing the amount of fatigue that they were experiencing. So again, what this really highlights is, even if even further, for individuals who suffer from, persistent fatigue, getting up, getting moving, getting out a little bit has a number of benefits.

Within that, it's not always about I have to get my heart rate going. Within that, I'd really burn a lot of calories from that standpoint. It's getting up. Getting moving has a lot of value and benefit, not only for for the body, but we've seen a number of different things for the brain as well. The more we can move, the better it is for our brain health as well.

And a couple of things just to highlight here, especially when we take a look at executive function, those that had higher levels of fitness across all age groups, had better executive function. Especially we wanted to look at things like, dementia risk, and risk as, especially as we age here. Those that had better, fitness at middle age did much, much better down the road within that.

So again, the more we can have greater fitness levels, especially early on, the better that's going to be for us. Eventually. And then our lead physician likes to talk about, some of these decision making capabilities. And typically it kind of works hand-in-hand when we're exercising more or moving more, we typically make better decisions with nutrition, and vice versa as well.

If we're eating better, we typically start to move a little bit more as well. But not only we, we like to highlight here that not only for the body, but for the brain as well. There's a number of different benefits, and there's more and more research coming out. With the links between, movement and the brain itself.

And we're starting to see a lot more of that. And I expect that to continue in the future as well. As we start to learn more and have more research to back that up. But overall, we like to talk about, just kind of highlighting a summary of some of these benefits of meat and moving more. So overall, we've seen that we're going to be expending more calories.

So it's going to help with that waistline. And be better. From a weight perspective, we know that, just simple walking has a great reduction, in cardiovascular risks, within that. So there's a lot of value and a lot of benefit to just getting up and getting moving, even if it's a lighter intensity, doesn't always have to be even to that moderate intensity level, even just light activity and light intensity.

Through this neat research has shown to be helpful and beneficial. Strong bones and strong muscles. You know, one thing that I'd like to highlight in many of the presentations that I do is, even getting up and getting walking, in research done around kind of nonspecific low back pain, there's research done comparing just a simple walking group to a group that did structured core exercises for the back and strengthening, the core muscles there.

And the walking group did just as well, if not a little bit better than the group that focused on the core exercise, within that. So there's a lot of value there. And then a again, we've just highlighted here two, things around the brain, even with its stress, anxiety, our ability to focus and that mental concentration when we're up and moving, there's a lot of benefits to that.

So again, just that promotion of getting out of the chair, getting up a little bit, it doesn't have to be 30 minutes. Even if it's two minutes five minutes. What are those opportunities that we have that we can get up and get moving. So these are a couple of little examples here. I know Dan, I really appreciated your example earlier about parking further away.

And that's kind of one of the the top ones here as well. But this just kind of shows, these are little examples of how maybe a typical day looks and what might be some other opportunities here. And again, you know, you can see them on the screen here. But really the real idea here is how can I maybe take what I normally do now, each little one of these suggestions is different for every individual.

Some individuals say, well, yeah, you know, I've got a Bluetooth headset, I could be up and I could be moving around on my cars. And other individuals say, nope, I'm I've got a physical phone and I'm tied there. I have to stay here. At the same time. I do have this opportunity. So it's really about, you know, hopefully some of these ideas or strategies here can maybe stop some creativity from, you know, who's ever listening to this, recording here that hopefully can spark a

little bit of creativity and saying, okay, well, maybe this is the general idea that you see on the screen here, but here's how I could apply it to my

situation, or here's the opportunity that I have. Again, it's really about, you know, as you take a look at some of these ideas here, some of them you may be able to do or some you might have to tweak a little bit, or you might see a completely different idea that you don't see and hear and say, oh boy, this is something that I could do to get out and get moving a little bit more.

Again, when we think about that journey perspective, it doesn't have to be what a guideline is at, but what's helping you make a little bit of progress from where you were yesterday or last week. And again, we start to know that once we start to, incorporate some of these ideas and start to build some of that time, especially over the course of a week, a month, a year, it can start to have some, some pretty profound impacts within that.

Also, from that standpoint, productivity. These are just a couple of examples here, but especially when we take a look at things like, focus, concentration, productivity. We've seen a number of research such as if we're up and we're moving. That really is helpful and beneficial. We've talked about those energy levels. But we know that even just simply getting up and breaking up time, sitting, if I can just stand up a little bit, that has a profound impact on just our energy levels.

Within that, I know I've mentioned, the back pain before, and you're seeing that, in the examples here as well. If we can get up and get moving a little bit. There is a reduction in how much back pain and discomfort many people feel within that. So again, these aren't you know, I've got to get in my structured exercise here.

These are just simple ways to get up get moving a little bit. That can have a profound impact and really help with that. Again whether it's productivity, whether it's mental focus, whether it's just reducing pain, there's a number of benefits from just getting up and getting moving. So there are a variety of different things that we can incorporate around this.

We know again these are just some of the values or some of the benefits from doing that. But there are a number of different strategies that we can incorporate here. So a couple things that I do just like to highlight before we get into, great specifics around that. One thing to think about is even just how we rest within that.

And, what I'd like to highlight here is, actually the the little diagrams you're seeing on the left side of your screen here. And this is actually some research from an anthropologist who went around and they documented different human resting positions. And what I really appreciate about this here is, this is really just a very, very small sampling here.

There's so many more different positions that are actually included on the research there. But when you look at this here, you might notice all the variety in terms of hip, knee, ankle positioning. As you think about some of those here, you might think, oh boy, some of those, I

could do it, maybe some of those. That would be really, really challenging.

Typically, if most of our resting is done in a traditional chair, the way we see now, it maybe gets challenging to get into some of those positions, or at least the way you see, the people, are doing it in that, picture right there. But many times there is knee hip tugs, pulls. You're actually getting and stretching in a variety of different ways when we're doing this and simply maybe even spending time on the floor can be a simple way of getting in more flexibility work.

Many times as we work with individuals as we go through the aging process. And so it's really challenging to get down onto the floor, especially get back up. And in many ways, I say that's a great reason to be doing it, because the more we do that, the more likely we are to actually be able to keep that function up.

To have the basic strength to have the basic flexibility and do some of those things. So one thing I always ask people too, is how many of you have a floor? I haven't had anybody say, no, they don't have access to a floor here. And so that's something that we all have available to us. So again, just thinking about what are maybe some simple things that you can do from a lifestyle perspective, even just spending time on the ground or on the floor can be helpful, invaluable if you have lost some of that ability.

Doing things like bolstering or raising the hips up a little bit, it doesn't have to be all the way down to the floor, but just maybe challenging things a little bit more than what you're currently used to do, or gradually building this into your day can be helpful. The the pictures that you see on the right there that's actually Kelly start there.

It's his little example, of how to sit differently, in a regular chair. And you may or may not be willing to do some of those things there, but again, it just highlights that variety. Within that, the more we can incorporate some of these things into lifestyle and the less we have to dedicate to structured exercise time again, the more likely we are to actually receive some of these benefits or actually achieve what some of the guidelines are that we shared earlier, around movement and exercise.

So a couple of other things here. I know, the first slide that I showed you, there was just some general examples, one of our, one of my colleagues here, has kind of come up with the the Fab Five as well. So if you're looking for what are maybe some things that I can do at my, at my desk, or in the office that can maybe build in some of this movement throughout the day.

And this maybe is a little bit more exercise structured ish, but it still kind of goes around that theme of just getting up, getting movement throughout the day. So as you see here and I'll share some examples here. But you see here squats desk push ups, chair push ups, tall raises and lunges. Those are some very simple things that almost everybody has access to, even if it's in the office.

So if you're saying, yeah, you know, I've got five minutes here, I can do a few things here, some examples. And, you actually see, Danny doing them here, in, in the pictures you see here. But again, very simple. You don't need a lot of equipment to do these. And you can modify them accordingly. To what?

To what your body allows. You know, again, we've got basic squatting movements there. I've got a push in movement there. And whether it's a desk, like, you see Danny here, it could even be the wall. If you feel comfortable and you can do it, the floor can be a great way to do that as well. But again, just getting up, getting some movement.

You see here the chair push ups, you know, even if it's just. All right, I'm going to use my chair to be able to push off from, to build in some of that basic straight the toe raises there. You know, many times to, you know, having variety within movement, it's great to have pristine sidewalks and completely flat floors.

However, our body really thrives on variety within that. So even some of the simple things like raising up on our toes can help with basic balance. Can help with basic calf strength, and general walking around that. So that's a great one to do. And then again, something as simple as the lunge, getting up and down from the floor, you know, sometimes, you know, I ask individuals, you know, while if you do any strength training, well, do you get up off the floor if you need to?

That's a very simple, basic movement. It's a lunge, within that now depending on, hip knee pain or different things like that, even if you're just going down to what your body allows, if your body doesn't allow you to go down that far, that's okay. Do what your body allows. Again, when we think about that journey aspect that we talk about earlier, where is your body at right now?

What does your body allow you to do if it doesn't allow you to do what Danny's doing in this picture here? That's okay. Focus on what it does. Even if you're only going down a little bit just like that. That's what my body feels comfortable and that's okay. That's still a value and benefit if it eventually builds that you can go down more, right.

And if not, just stay within what your range. There's still a value and a benefit there. Again, it's really thinking about where things now for you and what's helping you move a little bit forward and getting it a little bit more movement. So a couple of other things to consider here too, especially at the office. Technology is changing so fast and there's more and more, tools available here, but these are just a couple of general ideas.

Again, if you're looking at how do I get up and get out of my chair a little bit, at work, standing desk can be a great option. Kind of, especially in the center of the screen. You see an example there. And there's so many different options available. The one like you see there, maybe the entire monitor and keyboard go up.

Sometimes, it's an actual desk that moves up and down. There's so many different options. The one thing that I do like to highlight, you know, just like we've seen with the research, if we're sitting for eight hours out of the day, that has negative consequences. At the same time, if we just stand for eight hours out of the day, that has a lot of negative consequences as well.

The key is really that ability to move. So something like a standing desk that gives you the option to I can stand up for a little bit and then I can sit down for a little bit as well. It really incorporates that movement. Again, the body isn't designed to be in one position over extended periods of time. So it's really a how can I build in a little bit of that movement.

Some of the other examples you see here are, you know, even even little things to get my legs moving. Sometimes it is a little bit more challenging at the desk. Just a little bit of caution. If you have a stepper or a pedal system, there, you may have to shift your feet out from under the desk so the knees don't hit the top of the desk.

But there can certainly be some great options there. Even things like timers, whether that's on your computer, or on your phone, I could even be a watch. Just saying. Every 30 minutes or every 45 minutes to have that little bit of a reminder to get up and get moving, within that, if you can take the opportunity to take a walking meeting, or take an opportunity just rather than sending an email, I'm going to I'm going to go send, or I'm going to go talk to Joe.

Within that it could even be, you know, using the restroom on a floor that's two floors above mine or that's down the hall the other way, little ways again, that you can build that movement in. So there's a little bit more movement throughout the day and just ways to break up that sedentary time. These are just some more examples here.

The one that I just want to highlight here. You see the walking treadmill station. That's really one of the things that Doctor Levine, again, he's the one who coined that, the term neat. He really kind of came up with that idea or popularized the idea of the walking treadmill station. If you've got room and availability for that, that can be a great option.

The idea is not to get in your cardiovascular workout in. It's really, how do I just get up and get some movement in and break up some of that sedentary time? So it's really about simple, easy movement. When typing is involved, we especially highlight of staying below 1.5 mile an hour. The research really does show that if you're typing and you're below that 1.5 mile an hour, once you've gone through a little bit of a learning phase, it does take a little bit of time to get used to that.

But once you get through that learning phase, you can type just as well as if you're sitting there. Again, we need to keep that speed down a little bit, though. It's about gentle, easy movement. And not that cardiovascular huffing and puffing. But when we do again, that can that can make a real impact, especially if we can break that up.

It's not to say that we should be on that for eight hours out of the day. But even if I can get in 30 to 60 minutes of light walking again, that's breaking up some of that sedentary time. Some companies will even go to maybe there's a common space, so maybe not. Each individual has a walking treadmill station, but maybe there's a common space that I can go to for 20 30 minutes or so that I can be walking a little bit and still doing some work.

That's just one little example here. If you've got activity trackers or having different things where I can move feet position, maybe again, spending time on the floor and keys are really how can I break up some of this sedentary time? What are options that I have, that I, I can actually accomplish and get in again? We know that breaking up that sedentary time has a lot of benefit and a lot of value to it.

So overall, we really like to promote that. It's really about seeing options and choices. Many times we think we only have one option or I can't get to the gym. And that's the only opportunity that I do have. But many times if we look a little bit, we start to see that there are options all around us. Yeah, I can take the, the escalator there, but there's also a stairway.

But I do have that opportunity and really just like to highlight that many times it's about being able to see some of these opportunities. As I start to look for these opportunities, many more start to appear. And it's certainly not that you can you can never take an elevator or an escalator. Certainly they can be good, good choices at one time or another.

The key really is, again, just to be able to see that, yes, I do have more opportunities than I sometimes even realize I can park like in your example, Dan a few blocks away. I don't have to park in that spot closest here sometimes. Maybe I can take the stairway, or maybe I can, go, go, talk to somebody rather than just writing an email.

Many times we do have other opportunities or other choices available to us. We just have to be able to see them. And sometimes as we condition that and look for more opportunities, more and more opportunities appear in front of us. I hadn't even thought of that, you know, restroom on a different floor. I'm going to now. I'm going to do that as soon as we're done.

Okay. Yeah. Great. That's a great. And then take the stairs and. Yeah. Yeah. And it's just little things like that. Many times, you know, again, you know, maybe we hadn't thought about it before, but when we hear another idea from somebody else or we see somebody else doing something, then again, for our, for our own selves, we can take a look.

Oh, yeah. This would be a great opportunity or idea. So again, the more and more we do many times, the more and more that start coming forward. We start to actually see them. So again, I know that really kind of highlights some of the research, that we've had here. I do hope that you've been able to enjoy, some of this presentation here and really, really start to see that there's a lot of value to getting up and getting moving, even if it's just in small amounts.

There's a value from, health risk perspective, from an energy and mood perspective, from a pain perspective. Within that there is a number of different value value valuable aspects there. Again, the key really is how do I get up out of my chair and get moving? If you can get in that exercise, there's a lot of benefits.

And the research really shows that at the same time, just getting up and getting moving, even in small components, has a lot of value and better than branded. So many times throughout the course of the day, these ideas and suggestions are made. They seem so obvious. But, you know, just the ideas of parking further away or, you know, using that restroom on a different floor.

They seem so obvious. And I think so often we get tied into just a normal lifestyle or a normal routine, and we don't even think about it. There's opportunities. I think if we just take a chance to look at it and look for them, to be a little bit more active throughout the course of the day, not necessarily specific, you know, exercise, episodes or things like that.

But these are fantastic suggestions. So I really appreciate your time. Well, thank you again. And like you said, yeah, even some of the simple things are many times some of the best examples because the simpler they are, the easy they are to actually incorporate. And many times too, it's just about keeping keeping open to those and shifting that perspective a little bit more and more we see, are the more and more we we look for those, the more and more that open up to us.