

# Chronic Disease Prevention Bulletin

January 2005

Distributed By: Southeast Health Unit

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## Typical New Years Resolution: *Lose Weight! Fat chance unless you TAKE ACTION!*

National Healthy Weight Week is being recognized the week of Martin Luther King holiday. This is an excellent time to “Live the Dream” and begin making a positive difference in your health. Physical inactivity has been recognized as one of the root causes of weight problems. Remember, exercising is a lot like flossing your teeth. A dentist will quickly tell you to floss only the teeth you don’t want to lose...well; the same thing goes for exercising. Exercise only the muscles you don’t want to become weakened by inactivity. This means you will want to work as many muscle groups as possible every day to stay healthy and strong. Having a desk job and working full-time is no excuse for physical inactivity. Read on...

*Take 10 minutes every morning and afternoon at work and do the following exercises. Gradually increase repetitions of each exercise until you are doing 10-15 sets of each exercise each session. It will help you feel better and be more mentally alert.*

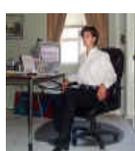
Source: <http://exercise.about.com/cs/exerciseworkouts/l/bofficeworkout.htm>

### **Stretches for Your Wrists and Arms**

**Wrist Stretch:** Extend arm in front, palm up and grab fingers with other hand. Gently pull hand down to stretch the forearm. Repeat other side.

**Wrist & Forearm:** Press hands together in front of chest, elbows bent and parallel to the floor. Gently bend wrists to the right and left.

**Back Twist:** Sit upright in chair and place left arm behind left hip. Twist to the left and hold, repeating on other side.



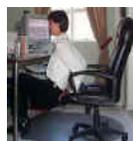
### **Leg Extension, Hip Flexion and Inner Thigh**

**Leg Extension:** Sit in chair, abs in. Extend left leg until level with hip. Hold for 2 seconds, repeat set with the right leg.

**Hip Flexion:** Sitting in chair, lift left foot off the floor a few inches, knee bent. Hold 2 seconds and repeat other side.

**Inner Thigh:** Place full water bottle between knees and, keeping abs in, squeeze bottle gently. Repeat.

### **Chair Squat and Tricep Dips**



**Chair Squat:** Periodically while sitting, lift butt off the seat and hover over chair for 2-3 seconds. Stand up and repeat.

**Dips:** Make sure chair is stable and place hands next to hips. Move hips in front of chair and bend elbows, lowering body until elbows are at 90 degrees. Repeat.

### **Front Raise, Overhead Press and Bicep Curl**



**Front Raise:** Sit in chair, abs in and spine straight. Hold water bottle in right hand and raise arm up to shoulder level. Hold 2 seconds and repeat other side.

**Overhead Press:** Hold water bottle in right hand, elbow bent, and extend arm overhead. Repeat on the opposite side.

**Bicep Curl:** Hold water bottle in right hand and, with abs in and spine straight, curl bottle towards shoulder. Repeat other side.

### **Abs**

**Abs:** Sit on the edge of chair, arms extending in front. Keeping back straight, contract the abs and slowly lower torso towards back of chair. Hold 2-3 seconds and repeat.

**Curbs:** Cross arms over chest and sit up straight. Contract abs and curl shoulder towards hips, pulling abs in. Hold for 2 seconds and repeat.

