COMMIT TO FIT!

HEALTHY BREAKS WHILE WORKING AT HOME

TAKE BREAKS
Continuously sitting in front of your computer, tablet, smartphone? Every 30-40 minutes take a 3-5 minute walk around the house or outside!

STAND UP
Try to alternate between sitting and standing, where possible, by creating a standing desk area.

MENTAL HEALTH AND MINDFULNESS
Allow yourself healthy breaks focused on mental health and mindfulness:
- Take part in a 5 minute guided meditation on (YouTube, Mindfulness Apps, etc.)

MAKE STAIRS YOUR NEW GO TO
Stair climbing is an extremely time-efficient way to maintain fitness! Try as little as three 20-second fast stair-climbs a day to improve your overall health. No stairs? Simply march or jog in place for 20 seconds instead!

MAKE ROOM FOR ACTIVITY
Have a separate space to perform physical activity and encourage the scientific seven-minute workout. It really does take only seven minutes, but it’s high-intensity. Download the free 7-Minute Workout App for ideas and customizable workouts!

SPEND TIME IN NATURE
Go outside and enjoy nature; on a nice day, spend time outside during breaks—and try to find more natural and less urban settings. Even eat outside if the weather is appropriate.

MAINTAIN STRENGTH
Research shows that bodyweight home-based strength training exercises such as push-ups, sit-ups, and planks are as important for health as aerobic exercise. Aim for at least 2-3 bodyweight sessions per week:
- 2-4 sets of 10-15 reps of each exercise

FITNESS REMINDER APPS
Download apps on computers that encourage you to get up and move after a certain duration:
- Big Stretch Reminder & Workrave both remind you to take regular activity breaks
- Link for programs: regularbreaks.com

DANCE PARTY
Take a five minute break to dance to a song. Dancing is a great way to stay active- it can easily reach moderate and even vigorous intensity exercises and can be fun for the whole family!

HEALTHY SNACK BREAK
Try taking a mid-morning & afternoon snack break with foods you have at home. (i.e. granola bars, fruit, nuts & seeds, etc.)

GREATER FLINT HEALTH COALITION