

## 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:  
o 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 a least 2-3 bodyweight sessions per week.  
o 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.  
o Big Stretch Reminder & Workrave both remind you to take regular activity breaks  
o Link for programs: [regularbreaks.com](http://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.)

