

6

Tips for Staying Healthy During the Workday



1

Walk over to talk in person to a coworker, rather than picking up the phone or emailing



2

Go for a short walk during breaks



3

If available, use a standing or treadmill desk for part of the day



4

Have walking/standing meetings when possible



5

Set reminders for yourself to get up & stretch on a regular basis



6

Try taking a longer route when moving around the office



Exercise A Guide From The National Institute On Aging

**National Institute on Aging, National
Institutes on Health (U.S.)**



Exercise A Guide From The National Institute On Aging:

Workout to Go National Institute on Aging (U.S.),2016-02-06 Are you just starting to exercise Getting back into a routine after a break Wanting to keep up your physical activities away from home The 13 exercises in this sample workout can help In this booklet you ll find easy to follow strength balance and flexibility exercises that you can do anytime anywhere For more exercises and information see Exercise workout routines workouts for women workout plans for men aging exercises for older adults strength flexibility how to be more flexible flexibility exercises balance balance exercises for elderly health and fitness home workout routines **Exercise** Margaret Richard,Vilsack Productions,National Institute on Aging,National Institutes of Health (U.S.),United States. Department of Health and Human Services,2004 Regular exercise is important for people of all ages NIA s video shows how to start and stick with a safe effective program of stretching balance and strength training exercises *Exercise* ,2004 Regular exercise is important for people of all ages NIA s video shows how to start and stick with a safe effective program of stretching balance and strength training exercises **Exercise in Rehabilitation Medicine** Walter R. Frontera,David M. Slovik,David Michael Dawson,2006 In this book recognised experts Walter Frontera David Slovik and David Dawson discuss the latest research in exercise rehabilitation medicine **National Institute on Aging Publications Catalog** National Institute on Aging,2003 *Exercise & Physical Activity* Anne Brown Rodgers,2018 *Exercise* National Institute on Aging,2001 One of the healthiest things you can do for yourself Exercise **Fitness Over Fifty** National Institute On Aging,2006-08-01 This fitness manual from the National Institute on Aging gives you the motivation and guidance you need stay fit and healthy as you age with over 25 gym and equipment free exercises Exercise is not just for the young That s right Studies show that people who stay active no matter what their age benefit from exercise Not only can it help you feel better but it makes doing all those day to day tasks easier and more enjoyable Start exercising today with Fitness Over Fifty the National Institute on Aging s guide to exercise for men and women over fifty You don t need to join a gym or buy expensive equipment Everything you need to begin your own exercise program is right inside this book Energy strength balance and flexibility are the ingredients that add up to long lasting vitality and health And Fitness Over Fifty features practical advice about how you can reach those goals including Exercise safety tips Ways to get and stay motivated Endurance flexibility strength and balance exercises Tips on nutrition and healthy eating Daily weekly and monthly exercise and nutrition records and more With nutrition tips easy to follow exercises and expert advice Fitness Over Fifty is the essential guide for staying active even as you age **Exercise, a Guide from the National Institute on Aging and the National Aeronautics and Space Administration** ,1998 *Fitness Over Fifty* ,2003 **Workout to Go** National Institute on Aging (U.S.),2016-02-06 Are you just starting to exercise Getting back into a routine after a break Wanting to keep up your physical activities away from home The 13 exercises in this sample workout can help In this booklet you ll find easy to follow strength balance and flexibility exercises that you can do anytime anywhere For more exercises and

information see Exercise workout routines workouts for women workout plans for men aging exercises for older adults strength flexibility how to be more flexible flexibility exercises balance balance exercises for elderly health and fitness home workout routines *Exercise*, 1998 *Exercise* National Institute on Aging. Information Office, 1999* **Exercise**

National Institute on Aging, National Institutes on Health (U.S.), 1999 **Exercise: A program you can live with**, 2010

Exercise for Frail Elders-2nd Edition Best-Martini, Elizabeth, Jones-DiGenova, Kim, 2014-01-08 *Exercise for Frail Elders* Second Edition emphasizes balance and features over 150 photos illustrating the design and implementation of a safe and effective exercise program to improve range of motion strength and aerobic endurance for frail elders and older adults with special needs **The healthy woman: A Complete Guide for All Ages**, Comprehensive health guide written in simple

language and illustrated with many photographs designed to appeal to a large audience of all cultural backgrounds from teens to senior adults Empowers women to Recognize symptoms relating to particular diseases impacting a woman's health Explores possible treatment options Covers the latest recommendations for key health screenings tests and immunizations This guidebook also contains full color charts and diagrams to help readers understand their bodies and offers information not found in other women's health resources such as how to teach women to read a Prescription Drug Label explore insurance options and tips along with graphic representations for healthy eating and managing portion sizes and more Includes a glossary extensive bibliography additional resources and a cross referenced index **Handbook of Obesity**

Intervention for the Lifespan Larry James, John C. Linton, 2008-12-10 Environmental genetic psychological and societal factors interact to produce obesity a chronic condition of epidemic proportions The Handbook of Obesity Intervention for the Lifespan guides professionals in meeting this complex challenge with a multidisciplinary palette of evidence based interventions that can be tailored to men and women across the lifespan regardless of background This unique reference combines salient research data and hands on clinical applications for use with overweight patients from the very young to the very old and includes a treatment resources section with extra materials to bolster therapy all geared toward respectful encouraging treatment and lasting weight loss results **Physical Activity and Health Guidelines** Riva Rahl, 2010-06-02

Sifting through the numerous guidelines on physical activity and health published by government agencies professional organizations and associations can be a daunting task Information exists in all types of formats and locations including government documents press releases and Web sites so simply finding those guidelines can be an ordeal **Physical Activity and Health Guidelines** puts the current information in one place at your fingertips **Physical Activity and Health Guidelines** compiles the latest recommendations from various leading sources and organizations into a single text This one of kind resource provides quick reference to physical activity and health recommendations for healthy people and for those with chronic conditions across all age groups All readers physicians physical therapists fitness professionals and general fitness enthusiasts will be able to locate individualized recommendations regarding appropriate levels and types of physical activity

Specific activity recommendations for people with diabetes asthma osteoarthritis and cerebral palsy are detailed in this text Other guidelines for the prevention of common chronic diseases such as cancer coronary artery disease osteoporosis and metabolic syndrome are also shared This text also includes the following information The components of exercise program design which will assist readers in preparing to implement individual and group exercise programs How physical activity recommendations can help people meet weight management guidelines Information on purchasing and using exercise equipment such as treadmills heart rate monitors weight training machines and exercise videos Guidelines for cardiac testing and other exercise testing to assist in the implementation and evaluation of physical activity programs as well as the assessment of the safety of these programs for people with chronic conditions For ease of use Physical Activity and Health Guidelines presents information in a consistent format for each entry including the date issued or most recently updated the issuing organization appropriate population and location of the guidelines with Web sites when available Recommendations are given for aerobic resistance and flexibility training further specifications regarding the frequency intensity duration and type of activity are included An appendix lists additional resources divided by topic and includes Web addresses of key organizations statements and other physical activity and health related tools Physical Activity and Health Guidelines is the first text to gather the wealth of information regarding physical activity exercise and health needs and recommendations into a single source Convenient and easy to use this unique text will help readers understand the requirements for safe and effective physical activity for all people regardless of health conditions and it offers the basic knowledge and tools for designing and implementing appropriate physical activity programs

Gerontologic Nursing - E-Book Sue E.

Meiner, 2013-08-07 Covering both disorders and wellness Gerontologic Nursing provides the essential information you need to provide the best nursing care to older adults A body system organization makes information easy to find and discussions include health promotion psychologic and sociocultural issues and the common medical surgical problems associated with aging adults Written by expert educator and clinician Sue Meiner EdD RN CS GNP this book also emphasizes topics such as nutrition chronic illness emergency treatment patient teaching home care and end of life care Comprehensive assessment guidelines identify findings that are normal deviate from normal and abnormal A separate Health Promotion chapter and specialty boxes provide information related to promoting healthy lifestyles and preventing disease Detailed coverage of pain infection cancer chronic illness loss death and dying and substance abuse explains the complex aspects of aging and related care Cultural Influences chapter and Cultural Awareness boxes focus on clients specific customs and how they affect your nursing care Client Family Teaching boxes help you communicate effectively on self care Home Care Tips boxes promote practical effective care for the homebound older client Emergency Treatment boxes highlight critical care in emergency situations Nutrition boxes discuss the special nutritional needs and concerns of an aging population Key points help you remember what you ve read and critical thinking activities help expand learned concepts Up to date content includes the

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