



daily exercises and snack ideas
improve how you move in **5 minutes, 3x a day**

a few minutes of activity
throughout your day can
make a difference by:

Increasing energy

Preventing injury

Building strength

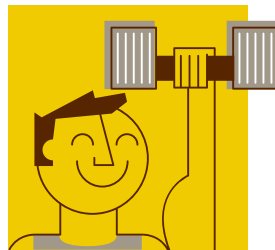
Reducing stress

**Improving how you feel
physically and mentally**

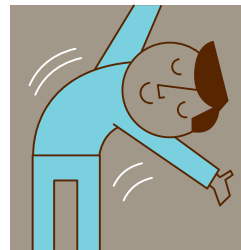
Disclaimer: The exercise instruction and advice presented herein are not intended as a substitute for medical advice. The exercises should be discontinued immediately if you feel faint, dizzy or have physical discomfort. Please consult your physician immediately if you suspect that you may be ill or injured.



cardio



strength



flexibility



mind body

At the beginning of your shift: warm up and stretch



March in place or jog:

- 30 – 60 seconds



Knee lifts (10-20 times):

- Lift arms in front of body so they are in line with shoulders
- Lift knees to touch hands as you shift weight
- Advanced option: add a small hop—land with soft knees



Head and neck stretch using breath:

- Breathe in and lift your head, breathe out
- Look to the side, breathe in, then look back to centre, breathe out as you look to the other side
- Breathe in, look to centre, breathe out, look down
- Breathe in, look to centre, breathe out, look up



Upper back and shoulders stretch:

- Reach in front with straight arms, clasp hands and round upper back
- Using breath, roll shoulders forward three times, roll back three times



Torso twist:

- Brace abs and twist slowly
- Repeat three times, side to side



Calf and hamstring stretch:

- Start with left leg out in front of you, heel down with light pressure, press hips back
- Hold for 20 seconds, then switch legs



Breathing exercise (five times):

- Breathe in, stretch arms up
- Breathe out, put arms down





during lunch or snack break: mid-day pick-me-up



Arm circles:

- While breathing deeply, make circles with arms
- Do this three times, then switch direction



Side stretch:

- Reach to one side and hold for 15 seconds, repeat on opposite side



Wall push-ups (10-20 times):

- Wide arms at 90 degrees
- Brace core
- Move closer to the wall to make it easier
- Move away from wall to increase difficulty
- Advanced option: do push-ups on floor on your toes or knees



Squats (10-20 times):

- Feet slightly outside hips
- Weight on heels
- Sit hips back, no lower than knee line and return to start position



Breathing exercise (five times)

- Breathe in, arms up
- Breathe out, arms down





end of the day: cool down



Shoulder roll:

- While breathing deeply, roll shoulders forward
- Repeat three times, then switch direction



Chest opener:

- Open arms to the side and squeeze shoulder blades together



Wrist stretch and circles:

- With palms toward the sky, lightly pull fingers back
- Rotate wrists in small circles, repeat three times then switch direction



Torso twist:

- Brace abs and twist slowly
- Repeat three times, side to side



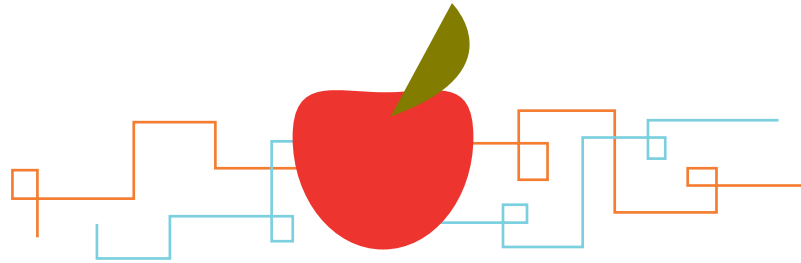
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Breathing exercise (five times)

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- Breathe out, arms down



healthy snacks **at work**

Snacking is important to help give your body the energy it needs throughout the day. What is even more important is the kind of snacks you are eating. Snacks should be eaten in between meals and no more than three per day. Aim for approximately 100-200 calorie snacks for each serving.

Having healthy options ready and available helps you choose the best option and avoid the vending machines and coffee shops. Planning grab-and-go snacks at the beginning of the week or the night before is a good way to prepare healthy snacks.

Did you know that snacks with protein and fibre are the best type to keep you feeling full longer while providing nutrients to your body? Try to include at least two food groups with each snack.

Another tip to help keep you feeling full is to quench your thirst. Drinking water is a great option. And, best of all, it's zero calories!

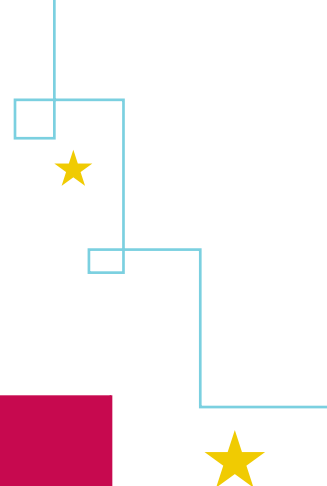
For more information on healthy snack ideas and recipes, visit:

- www.dietitians.ca
- www.eatrightontario.ca
- www.pulse.ab.ca
- www.cookspiration.ca



on-the-go snack ideas

Fruit	1 small piece
Vegetables and Dip	1 small sandwich bag of chopped vegetables with 2 tbsp of hummus or low-fat dip
Celery and Peanut Butter	1 celery stalk, cut and spread with peanut or almond butter
Trail Mix	¼ cup or a small handful of dried fruit and nuts such as almonds, walnuts, pine nuts, etc.
Pita Bread and Hummus	½ pita with 2 tbsp hummus or baba ganoush (eggplant spread)
Seasoned Tuna and Toast or Crackers	½ can tuna with 2 pieces of melba toast or 3 low fat/low sodium crackers
Dried Fruit and Seeds	3 dried apricots with a small handful of pumpkin seeds 4 dried apple rings with 3 walnut halves
Rice Cakes with Cheese	1 large or 5 mini rice cakes with 1 oz. of cheese (about the size of a domino square)
Unsweetened Apple Sauce with Almonds	½ cup of apple sauce with 8 almonds
Protein Bars or Granola Bars	Buy granola bars with at least 4 grams of fibre per serving or have ½ protein bar
Hard Boiled Egg and Carrot Sticks	1 hard boiled egg and ½ cup of carrot sticks
½ English Muffin and Cheese	Melt 1 oz. cheese on ½ a whole grain English muffin
Milk or Chocolate Milk and Pretzels	1 cup (250 mL) of skim, 1% or 2% milk with 10 low-salt pretzel sticks
Bean Salad	Enjoy ¾ cup or 175mL of cooked lentils mixed into a salad



For more information, please contact
ASEBP at health@asebp.ca or
visit For Your Health on www.asebp.ca!