

WORKPLACE WORKOUTS: INSTRUCTIONS

THE LOWDOWN.

Sitting in front of a desk at work has become unavoidable in modern North American workplaces. **Researchers are now finding that a sedentary work-style can put individuals' health at serious risk – even if you are getting 30 minutes of physical activity a day.** How employees spend their workday can have a dramatic impact on waist circumference, metabolism, calorie burning, health and longevity.



YOUR TASK.

There is way to combat too much sitting in the workplace! Your task is to complete a 6-week Workplace Workout plan that will decreasing sitting time and improve muscular strength, endurance, flexibility and balance. The best part is, all of these are simple enough that can be done right in your office, in your work clothes! **These simple moves can have an even greater impact on your health than visiting the gym after work!** You will be tested with pre and post assessments one week before and one week after, respectively, to track your progress over the next 6 weeks. So what are you waiting for, let's begin!

OVERVIEW.

Week 1	Pre-assessment	Date:
Week 2	Workout 1	Date:
Week 3	Workout 1	Date:
Week 4	Workout 2	Date:
Week 5	Workout 2	Date:
Week 6	Workout 3	Date:
Week 7	Workout 3	Date:
Week 8	Post-assessment	Date:

YOUR WELLNESS CONSULTANT.

NAME _____

EMAIL _____

Source: www.welcoa.org