

Fitness Focus Tips 2

Live Healthy Live Well

- Take a walk over your lunch or break time to burn calories and get energized.
- Do you get many phone calls at work? If so, every time you make or take a phone call stand UP. Standing up helps burn extra calories and can refresh you as you take a break from sitting. Do what you can to move more!
- Try investing in an adult hula hoop! They are larger and heavier than the old “kid” version, and are a great way to whittle and tone your waist while watching TV.
- Flexibility is paramount. Try kneeling on the floor in a tight, tucked position. Then slide your arms out in front of you and raise up on your arms. This position is called the “cobra” in yoga poses and is a great way to stretch your lower back and spine.
- Stand up every five minutes out of an hour (at a minimum). Set a timer if you need to remind yourself.
- Your abdominal muscles area girdle for your lower back. Strengthen them by doing “opposite arm and leg raises.” Get down on all fours. Lift your leg up and back and your right arm up and out. Reverse. Try to do at least one set of ten to start.
- Being physically active in the evening, especially out-of-doors, promotes better sleep. However, try not to exercise too strenuously right before you go to bed!
- Are you a tea drinker? Hot beverages hit the spot in the winter, but iced tea is refreshing as well. Why choose tea? Green and black teas have 10 times as many antioxidants as fruits and vegetables!
- Make a New Year’s resolution to eat at least one more fruit and/or veggie each and every day. Need a change from the same old, same old?? Winter selections include lots of interesting citrus fruits (like *Ugly fruit*--not a joke!!)
- A new technology tracker for monitoring your steps makes a great gift idea. You only have to be competitive with yourself!
- Watch portion size to aid in weight loss. It only takes 2-3 days for your stomach to adjust to smaller amounts of food. Use the Japanese mantra “hara hachi bu” (eat until you are 80% full) at every meal.
- Winter is a great time to “play” outdoors. Go sledding, ice skating, or for a walk in the snow. Bundle up and let your inner child break free! Invest in a pair of flexible cleats to attach to the bottom of your boots to give you good traction.



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