

Hi Everyone,

The email below can be shared in its entirety or as a two-part series. Simply forward whatever you like to your colleagues, employees or family members as you find appropriate. We recommend adding in specific health plan benefits, as well. The highlighted **PART 1 and PART 2** are where we recommend separating the content if you wish.



**PART 1 Subject of the email "Is it bad to sit all day?"**

Whether you're working from home or back in the office, it's important to remember to move more throughout the day. When you're sitting at a desk all day, it might be hard to make sure you're getting enough daily movement in addition to your planned workouts. Small movements throughout the day contribute to your non-exercise activity thermogenesis (NEAT), which is the energy you burn outside of exercising. These unstructured movements are important because you can't rely solely on your daily workout to cancel out the negative effects of a desk-bound lifestyle.

Here are some ways to get moving throughout your day:

1. Wake up and stretch - Start your day right — roll out of bed and do some side bends, arm circles and toe touches. Doing some morning stretches will set the tone for your day.
2. Start every hour with movement - Keep the movement going by starting every hour with something active. Set alarms on your phone or smartwatch if needed to keep yourself accountable. Some ideas: Do 25 jumping jacks at the top of each hour. Go outside and walk around your office building, or set a timer and do 10 minutes of light stretching.
3. Walk more - If you're working from home instead of commuting to work, use that time before and after work to take a long walk or run errands that are close by. If you're back at the office, instead of driving to get lunch, walk there instead.
4. Drink up - Keep a glass of water on your desk and get up to refill it every time you run out. The more water you drink, the more often you'll have to walk to the bathroom.
5. Move before or after meetings-- If you can't do a walking meeting, do a set of 10 push-ups before you log on to a Zoom meeting, and another set after you log off.

- [DOWNLOAD](#) - Monthly Materials
- [WATCH HERE](#) for some tips on moving throughout the day.

**JUST ONE THING:** Walk around every half hour, each day if possible.



## PODCAST – Prescription for Life

The **Prescription for Life Podcast** features Bellin Health experts addressing the six pillars of our Lifestyle Medicine service. This month, Bellin Health Physical Therapist, Amber Puissant, talks about some tips on moving more and why it benefits us. **NOW**

**AVAILABLE IN VIDEO.** Listen and watch on  ,  or

 and subscribe, like and share!

**PART 2** Subject of the email “What are some other ideas for movement during the day?”



Movement doesn't always have to be a formal workout. You can squeeze in little bursts of activity throughout the day to benefit you physically and emotionally. Here are some tips to get started:

1. Play with your pets. - Take a break from work or chores and spend five minutes throwing a ball or stick for your dog to fetch, or tossing your cat's favorite toy around the house for them to chase. Or make your four-legged friend extra happy by taking your pet on multiple quick walks around the neighborhood instead of parking yourself in front of the TV or computer.
2. Do mini chores. - Break up your list of housework into mini-chores. Instead of trying to clean the whole house in one go, do a series of small clean-up jobs over

the course of your day or week: vacuum the living room, empty the dishwasher, do one load of laundry, or clean the toilets.

3. Skip the drive-thru. - It can be hard to resist the convenience of the drive-thru window or curbside pickup. The next time you grab takeout, park your car and walk inside to order instead.
4. Stay active after hours. - If you spend your workdays at a desk, make your evenings as active as possible. As soon as you get home or sign off your computer, reset by taking a long walk around the neighborhood with your family or take your pooch for a trip to the park.



Listen to our latest [Mental Health Moments](#) webinar, brought to you by the Lifesaver Wellbeing Series. In this segment we chat with Licensed Behavioral Health Therapist, Pam Baranczyk. Pam shares with us how re-framing stress can have amazing health benefits for us. Listen now and pass along to others who may need help managing stress in their lives.

**ALSO AVAILABLE IN PODCAST FORMAT. [LISTEN HERE](#)**

Mental Health Moments Webinars are held on the **second Thursday of the Month at 1 p.m.**, featuring mental health experts from Bellin.

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Let us know how we can help you or your organization integrate these healthy living tips. You can reach me at [wellnessconsultant@bellin.org](mailto:wellnessconsultant@bellin.org) or at **920.436.8668**. Also, please follow our social media pages for more content throughout the month.



*Looking for ways to engage your teams in wellbeing? Reach out to me for a personalized presentation.*

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