

YOUR SOURCE Balancing Work, Family & Life

Put Fitness on Your 'To-Do' List

Is working out when you're working just not working? Go to *Your Source* for information on fitting exercise into your already way too busy schedule.

Whether your ideal workout happens in 10 minute increments or a solid block of time, find what works for you and start working toward feeling your best, looking your best, thinking more clearly, having more energy and getting a genuinely good night's sleep.

This issue's Web center also provides great information and self-help tools on these related topics:

- Overcoming barriers to fitness
- Keeping kids active
- Staying in shape as you get older

Fitness on the Go—Podcast

- Learn easy ways to fit exercise in your schedule
- Don't let traveling stop you—it can be done!

This Podcast will be available on the Web site in March under *Tools, On Demand Learning, Webinar Recordings and Podcasts*.

Log on to check it out online

Log on to www.MagellanHealth.com/member and register with your program's toll-free number to access *Your Daily Routine*, and other helpful resources in the *Spotlight* section.

1-800-424-5988



The answer is c. Even if you're not doing a thing, every pound of muscle burns off 50 calories a day. But a pound of fat is just fat and burns off a mere two calories a day. A toned body works more efficiently.

2009 – Discovery Health

One pound of muscle burns ____ calories of fat a day, but one pound of fat burns ____ calories a day.

- a. 2/50 c. 50/2
b. 110/90 d. 75/100

Check your answer on the bottom.

Now That's An Idea!

So what if you sit at a desk all day? Try these simple ways to stay fit throughout the day:

Activity	Calories Burned
Typing (120 minutes)	230
Go for a jog on your lunch break (20 minutes)	158
Walk the stairs on your lunch break (15 minutes)	128
Desk stretches (15 minutes)	59
Stand while on the phone (30 minutes)	58
Clean your desk and drawers (15 minutes)	40
Heel raises while sitting at your desk (5 minutes)	19
Do some strength training by lifting something heavy that you have at your desk (5 minutes)	15

Adapted from Fitness Magazine



10 ways to burn calories in a blink

Burn an extra three hundred calories, six days a week, and lose an extra twenty five pounds in a year? Really? YES! And it doesn't have to take extra time out of your day. Just incorporate three of these ten suggestions (or similar) six days a week. These figures below are based upon a 155 lb. woman.

1. Roll up your sleeves and clean a room for twenty minutes.
2. Do an extra ten minutes on your favorite exercise equipment at the gym.
3. Walk to the store (or walk around the store) 15 minutes there and 15 minutes back, instead of driving.
4. During TV ads, do a three-minute exercise blast: crunches, press-ups, jogging on the spot.
5. If you work in a desk job all day, take a five minute break every hour to stretch and walk around the room.
6. At work, always walk to colleagues' offices when you need to chat, rather than phoning or e-mailing.
7. At the supermarket, park at the far side of the lot and walk. Burn calories and prevent door dings!
8. At the store, use a basket, not a shopping cart. Carrying the weight helps burn calories and tones your arms.
9. Preparing dinner? Try running up and down the stairs in between stirring, simmering or sautéing! A watched pot never boils, so stop watching and use the time to exercise!
10. Commuting on the bus or train? Instead of sitting on the bench and waiting, walk around until it arrives.

Adapted from Dietblog.com

If you don't have time to exercise, Deskercise!

When you want to keep fit but can't dedicate a block of time for exercise, try these tips:

For your abdomen: Straighten your back and draw in your navel as close to your spine as you can without holding your breath. Hold until you can't hold it any longer. You can do this simple exercise at your desk, while waiting in line, sitting in a meeting or driving to and from work. This simple move will help strengthen your abs, improve your posture and flatten your stomach.

For your arms: With arms out to the side at shoulder height, make dinner plate-size circles with your fists. Do 10 circles, then reverse direction and repeat.

For your legs and derriere: Do simple leg squats. Place your hands behind your head. With feet shoulder-width apart, lower yourself as if about to sit at your desk chair. Do 10 leg squats and repeat.

For your core: Lift your legs off the floor and hold them straight out. Hold for 15 seconds, release and repeat. Try this core strengthening exercise while sitting at your desk!

To burn more calories overall: Look for opportunities to stand. Stand while talking on the phone. Eat lunch standing up. Trade instant messaging and phone calls for walks to other desks or offices. You automatically burn more calories standing than sitting.

