

Aurora **safety** Solutions

Health and fitness

Most people spend 1/3 of their day at work. Don't use this as an excuse not to exercise, start moving with your co-workers! It is a great way to relieve tension, stay focused, have fun and reduce work injuries.

Form a walking group with co-workers. Even if you have time to walk once a week. It is a great way to get to know each other plus having friends at work reduces stress!

Take a stretch break. Designate a time and place on all shifts to stretch. Do neck rolls, over head stretches, leg stretches, and bend at the waist towards the floor.

Challenge each other. Have a contest with your co-workers to see who can climb the most stairs in a week. Have a jumping jack contest. A lunge race is great for the gluts and hamstrings, put your hands on your hips and bend at the knees as you take a giant step forward bringing you other foot forward with your knees bent. Have a biggest loser contest: Keep track of your exercises, your goals and your weight loss for a month. Share your progress with your co-workers if you feel comfortable to help keep your motivation up.

Involve the consumers in your exercises when it is possible and safe. Exercising is great for our consumers and seeing everyone have fun as a team will brighten their day.

Fun facts about fitness and health

- You burn more calories sleeping than you do watching television.
- Eating breakfast regularly will also help keep weight off because it gets your metabolism going.

- Exercise is more effective at increasing your energy levels than caffeine.
- To lose one pound of fat, a person has to burn roughly 3,500 calories.
- On average, it takes about 12 weeks after beginning to exercise to see measurable changes in your body.
- Walking at a fast pace burns almost as many calories as jogging for the same distance.
- One can of soda contains 10 teaspoons of sugar; the average American adult drinks 500 cans of soda every year.
- 8 foods you should consume on an everyday basis: yogurt, red tomatoes, walnuts, spinach, oats, carrots, blueberries, and black beans.
- As much as it may stress you out just to think about exercising, once you actually start working out, you'll experience less stress in every part of your life.
- If you are not a regular exerciser, by the time you are 65 you may experience as much as an 80% decrease in your muscle strength.



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