



FITTING IN MOVEMENT

- * The physical activity recommendation is 150 minutes per week of moderate-vigorous exercise. The number of steps and times you move varies each day, however, what's most important is that you're incorporating positional change and moving your body daily [according to pulmonologist, Dr. Russel Buhr.](#)
- * Participate in the exercises that you feel most comfortable doing
- * Follow-up with Healthcare Provider if symptoms or concerns develop.

Options:

- 1) Home Exercise Programs
- 2) Mindfulness
- 3) Natural Pauses – Moving Throughout the Day
- 4) Stretching Tips
- 5) Virtual Team Activity
- 6) Movement Prompters

HOME EXERCISE PROGRAMS

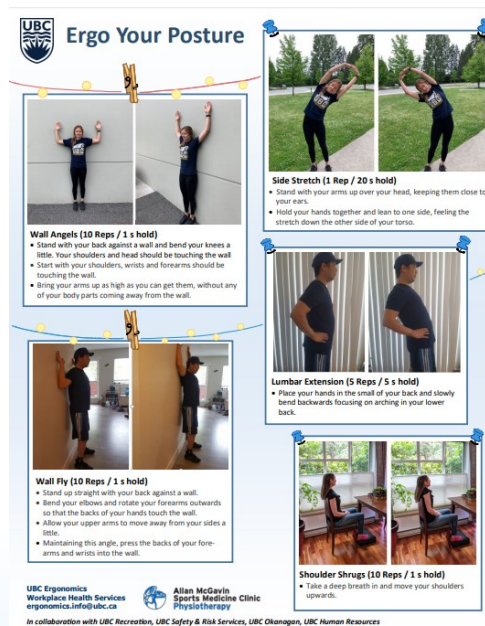


UBC Ergonomics and Allan McGavin Physio have collaborated with UBC Recreation, UBC Safety & Risk Services, UBC Okanagan to bring you live 15-minute [Ergo Your Posture](#) breaks on Wednesdays [on Zoom](#) at 10am. You can watch [on-demand](#).

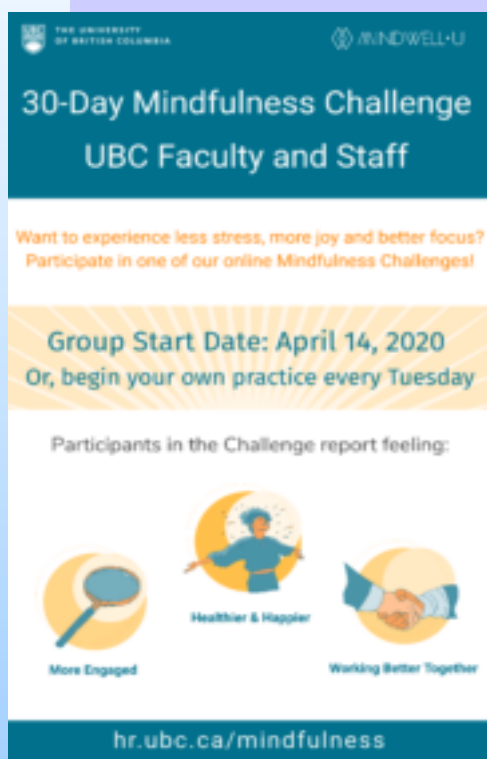
You can even get creative by designing your own 14 day workout plan with your colleagues!

[UBC Recreation](#) has provided ways in helping you stay active at home such as:

- ◆ Live movement sessions
- ◆ Virtual workouts
- ◆ Additional thriving resources



MINDFULNESS



Mindfulness can not only help you with your mental health, it can also help you pay more attention to cues in your environment to help you get up and move. Practicing mindfulness has many benefits such as reduces anxiety, improves cognition and enhances physical health.

[UBC's 30-Day Mindfulness Challenge](#) is a free online training program.

NATURAL PAUSES

Moving throughout the day



Make sure to drink plenty of water!

This will help prompt you to get up both to refill your water and to go the bathroom. Drinking water throughout the day will keep you hydrated and might enhance performance during strenuous activity.

Treat your calls as meetings.

Take a few steps in your house to walk to your meeting or better yet, consider standing up while talking on the phone.



STRETCHING TIPS



Poster: [Move It Monday Deskercise](#)



Poster: [UBC Stretching Guide](#)

VIRTUAL TEAM ACTIVITIES



Start neighbourhood photo challenges! One person decides the theme of the photo challenge. Take a walk in your neighbourhood during your break. Then at the end of the day, each teammate will submit their photos.

Theme examples: objects that are heart-shaped to show gratitude for health workers, things that you find calming or your favourite plant for Earth Day.



Exercise challenges and nominate others to join! Start an exercise challenge with your colleagues! Let's say the challenge is to do 10 push ups. Film yourself doing it and then send the video to your team and tag 3 or more colleagues to join in. Then those 3 colleagues film individually themselves and tag others to join in and it goes on!

Time for Bingo! Have fun completing some of these activities to stay active at home. Here's the [Working from Home Bingo Edition](#) (adapted from UBC's Let's Thrive 2019 Bingo).

Name: _____

UBC Working from Home Ergo Bingo

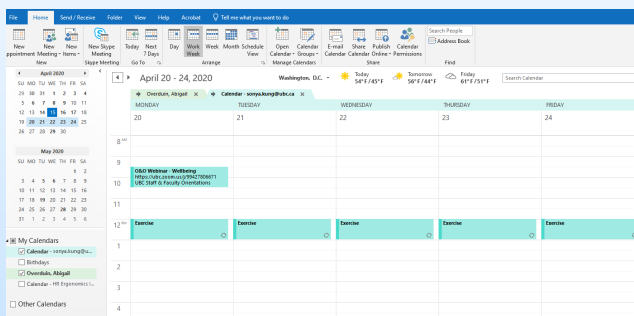
Compliment yourself on a strength or quality	Share a wellbeing and/or resilience technique with a colleague	Take a moment to be mindful (try: register for the on-line challenge)	10 jumping jacks	20 knees up
Write down 10 things you are grateful for	Be virtually active with family/friends	10 Crunches	10 Forward lunges	10 Forward shoulder rolls
Get 7 to 9 hours of sleep	10 Burpees	Turn off all screens 2 hours before bed	Set up your workstation ergonomically (Tip: see UBC Ergo guide)	
10 Push ups	20 Arm circles	Cross arms over chest and twist	Compliment someone on a strength or quality via text message or phone call	Plank for 30 seconds
Engage in a physical activity for 30 minutes or more	10 Squats	Take 15 minute walk around your neighbourhood on your break	Practice self-care & resilience	Wash face for 20 seconds

How to play:

- While working from home, have fun completing some of these activities and staying active at home.
- Place a sticker next to the activities you complete.

Adapted from the UBC Let's Thrive! Today campaign bingo challenge.

MOVEMENT PROMPTERS



Schedule in exercise meetings with colleagues!

Just like scheduling in meetings for work, you can schedule in a time in your calendar to exercise.

[Posture Minder](#) reminds you to be mindful of how you sit. You can set the frequency of the reminders.

Use at your own discretion. Privacy Impact Assessment under review.



Check if your phone has a built-in movement tracker or if there's an app you like to promote fitness, movement, etc.

