

## TELEWORKER TIPS FOR AT-HOME WORKOUTS

**Sitting down all day for work can impact our physical and mental health.** Here are some tips and exercises you can incorporate into your workday that can help you stay fit and focused on the job.

1.



**Set movement alerts** to remind you to get up and move throughout the day.

2.



**Put your phone on airplane mode** so your workout time can just be about *you!*

3.



**Try shorter workouts.** A great way to increase your focus and productivity is to take multiple movement breaks throughout the day.

4.



**Play music.** Music helps us feel motivated and helps your workout feel shorter.

### HOUSEHOLD ITEMS TO EXERCISE WITH:

- Chair (split squats, tricep dips)
- Water bottles (shoulder presses, curls)
- Broomstick (seated core twist)
- Backpack (squats, walking lunges)



### SIMPLE AND SHORT EXERCISES TO DO DURING A MOVEMENT BREAK:

Burpees  
Jumping jacks  
Squats  
Planks

Leg lifts  
Lunges  
Run in place  
Stationery curls

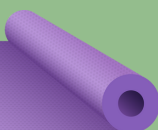


5.

**Go online.** YouTube, Gaia, Self, and other exercise apps and websites can guide you through a workout of your choice.



6.



**Try yoga to boost energy and focus.**

Keep a yoga mat handy so you can fit in short stretch and breathing breaks.

7.



**Make workouts more vigorous** as you gain strength but don't try to do too much too fast.

Visit the **Twin Cities Telework website** or contact us for more **telework tips** and **resources**.

**tctelework.com**  
**952.405.9425**