

Active living at work

Is it a challenge for you to find the time to exercise? Thirty minutes of daily exercise is recommended for most people, but people with busy lives may find it hard to devote a block of that much time to exercise. *Active Living* is building more activity into everyday tasks and routines. Many researchers and policy experts believe that active living is a key part of the solution to the "obesity epidemic." And research shows there is benefit from exercise in shorter "bursts" of even a few minutes, added together during the day to reach a total of 30 minutes or more.

You can fit more physical activity into daily work routines. Here are some ideas you may have heard before -- that's because they really work:

- Make the most of your commute. Walk or bike if you can. If you take the train or bus, get off one stop early and walk the extra distance. If you drive, park as far away from the building as possible.
 - Walk up and down stairs for exercise, and take the long way round to get from one place to another.
 - Walk during lunch and other breaks. A walk can be as energizing as that dose of caffeine! Use the Step Ahead indoor and outdoor walking routes.
 - Walk with a buddy or a group. It's more fun and your commitment to each other will help you stick with your plans to exercise.
- Walk while meeting with co-workers.
 - Stretch or do quick exercises during breaks. Some offices have had great success and fun with "recess"!
 - If you sit for many hours, stretch or do yoga moves while sitting in your chair. Stand to talk on the phone or try using a standing desk or improvise with a high counter or table.
 - webmd.com and mayoclinic.com are among the many sites with online stretching and exercise routines especially designed for work.
 - Are your meetings long? Have everyone stand up and stretch for an energizing break.
 - Don't phone or email people in the building, walk to see them instead.
 - If you stand a lot, try moving around more instead of standing in one spot.
 - Do you walk around a lot already? Walk at a faster pace, and pump your arms more.
 - Wear a pedometer all the time, and challenge yourself to add more steps or distance daily. It's a proven way to increase exercise.

Recipe of the Week: Key Lime Pie

8 slices

9-inch graham cracker pie shell, reduced fat
1 14oz can fat free sweetened condensed milk (not evaporated)
 $\frac{3}{4}$ cup egg substitute (egg beaters)
 $\frac{1}{2}$ cup fresh or bottled *Key Lime* juice (regular lime juice is fine)

- Preheat oven to 350° degrees.
- In a medium mixing bowl, combine sweetened condensed milk, egg substitute and key lime juice. Blend until smooth.

- Pour into pie shell.
- Bake for 15 minutes. Let stand and cool for 10 minutes before refrigerating. Cover and chill at least 2 hours before serving.
- Garnish pie with fat free whipped cream, blueberries, strawberries, or raspberries.

Nutritional Information per slice:

Calories: 240	Fat: 3g	Saturated fat: 0.8g
Carbohydrates: 48g		Fiber: 0.6g
Protein: 7g		

Tip of the Week: Experts say that America is an environment that causes obesity by promoting unhealthy eating and sedentary lifestyle. Counteract that trend! Make your surroundings healthier. One way to do that is by **finding reasons to get people together**. This leadership technique can easily boost your consistency and drive. Form a group of people around common goals, like a running club. Instead of putting all of your energy into your own program, try to bring others along. Share accountability and motivation, and you'll benefit too. What groups are you a member of? What personal interest can you combine with social time?
adapted from 4 Steps to Healthier Surroundings by Mike Kramer, www.sparkpeople.com