

Active for LIFE at AC Gov!

Get Fit • Eat Better • Feel Good

June 27, 2012 • Volume 1 • Issue 2

The Truth About Sitting Down at Work

With the advent of TV, computers and the desk job, we're sitting down more than ever before in history – 9.3 hours a day on average. Our bodies weren't built for that and medical evidence shows that hours of uninterrupted sitting can be surprisingly bad for your health. You might want to stand up for this...

Sitting can undo the benefits of exercise.

Researchers at the American Cancer Society found that even if you exercise nearly every day, those health benefits can be undone if you spend the rest of your time sitting.

HOW SITTING AFFECTS YOUR BODY

Scientific studies have shown that:

As soon as you sit:

Electrical energy in the leg muscles shuts off

Calorie burning drops to 1 per minute

Enzymes that help break down fat drop 90%

After 2 hours:

Good cholesterol drops 20%

After 24 hours:

Insulin effectiveness drops 24% and risk of diabetes rises

SITTING MAKES YOU FAT

Obese people sit for 2.5 hours per day more than thin people

Between 1980 and 2000:

- Exercise rates stayed the same
- Sitting time increased 8%
- Obesity doubled (1 in 3 Americans is obese)



SITTING CAN SHORTEN YOUR LIFE

A study published by the American Journal of Epidemiology showed that sitting for long stretches, more than six hours a day, can make someone at least 18% more likely to die from diabetes, heart disease and obesity than those sitting less than three hours a day.



HOW TO GET OUT OF YOUR CHAIR

Take every opportunity to walk or stand around the office:

1. Walk to the printer or water fountain
2. Stand for a meeting
3. Take the stairs instead of the elevator
4. Walk to your co-worker's desk to deliver the message instead of emailing
5. Park further away from the building
6. Stand or walk while you talk on the phone
7. Stand and stretch while you read your emails

And if you really want to boost your energy and mental clarity and have fun while you're doing it: **TAKE AN INSTANT RECESS BREAK** (see page 3).

Walking burns 3-5 times the calories than sitting does.



See Team Standings on page 2!

Look Inside:

2 HRS On the Move!

3 What Is Instant Recess?

4 How to Win the "Best Team Spirit Award"

4 Office Exercise-of-the-Week

Active for Life at AC Gov TEAM STANDINGS as of June 24, 2012

SMALL TEAMS

- 1 Risky Business (Risk Management)
- 2 Pumped With Activities 2012 (Public Works)
- 3 TCB Taking Care of our Bodies (Law Library)
- 4 Vote For Life 2012 (ROV)
- 5 Team Carson (BOS)
- 6 Team County Counsel (County Counsel)

MEDIUM TEAMS

- 1 Assessing Fitness 2012 (Assessor)
- 2 E Team (ITD)
- 3 Calorie Deprived Achievers 2012 (CDA)
- 4 Greatness Starts with Action (GSA)
- 5 Cardio Collectors 2012 (Treasurer)
- 6 Booked for Life 2012 (AC Library)
- 7 DA's Get Fit Club 2012 (District Attorney)
- 8 The Defense Never Rests 2012 (Public Defender)
- 9 CAO Executive Sweats (CAO)

BIG TEAMS

- 1 Team DCSS 1 (DCSS)
- 2 HRS On the Move (HRS)
- 3 Team Calorie Counters 2012 (Auditor)
- 4 Fit Zone 2012 (Zone 7)
- 5 Health Is Wealth (ACERA)
- 6 ACSO 2012 (ACSO)
- 7 Walkin' the Talk 2012 (Public Health)
- 8 SWAG Strong Workouts Active Goals (SSA)
- 9 Team HCSA (HCSA)
- 10 Probation Pacers 2012 (Probation)

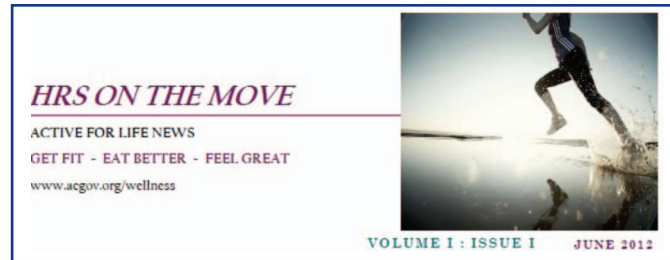
These standings are all subject to change and there is plenty of time to win; but you must enter your points!

REMEMBER: You can only enter daily points retroactively for two weeks so stay up to date. It is allowable to enter aggregate numbers from earlier weeks if necessary. Please contact your Team Captain or Wellness Works (wellness@acgov.org) for instructions or for a copy of the Excel spreadsheet to facilitate tracking points.

HRS Is On the Move!

Kudos to **HRS ON THE MOVE**, our Active for Life Team Highlight of the Week!

HRS ON THE MOVE, the Human Resource Services Active for Life team, is definitely movin' and shakin' when it comes to fitness, enthusiasm and team spirit. They've launched their own team newsletter.



And they're extremely Active for Life. Check out some of their activities and an excerpt from the newsletter below. *Could they be the team to beat?*

"On The Movers" Know How to Cupid Shuffle

The HRS Team recently introduced Instant Recess to On The Movers on floors 5, 2, and 1 with an afternoon break of "The Cupid Shuffle." Participants had a great time getting away from their desks to move to the groove! More Instant Recess will be spreading out to additional floors soon!

What's ahead for Team HRS On the Move...

- Healthy Lunch Pot Luck - June 27th
- HRS Stair Climb - July 13th. Their goal is to reach the 12th Floor of 1401 Lakeside!

The HRS Active for Life Support Team Keeps Its Members Motivated!

Rissa Bowman, Captain;
Rhonda Newman,
Co-captain; Mali Colás,
Herlinda Morales-
Chacon, Sylvia Favela





What Is Instant Recess?

Designed by Dr. Toni Yancey and her colleagues at the Los Angeles County Department of Public Health, Instant Recess® is an innovative way to engage people in an enjoyable form of physical activity at the workplace.

3 WAYS TO TAKE INSTANT RECESS AT WORK:

- Integrate an Instant Recess break into meetings and events lasting one hour or longer
- Conduct 10-minute Instant Recess breaks at a certain time of day on a regular basis in a suitable open office space
- If space is available and office protocol permits, take an Instant Recess break at your desk by yourself or with several co-workers by watching and moving along with one of the many Instant Recess Youtube videos

STEPS TO FOLLOW

1. Have your Team Captain discuss logistics and options with department supervisors or managers and get their buy-in
2. Choose one or more Recess Team Leaders – Could be your Team Captain, Co-captain or any other enthusiastic *Active for Life* Team Member
3. Set a time and inform the team
4. Bring in CDs or download music to your Ipod, etc. Highly suggested: Songs that include a routine like Cupid Shuffle, Macarena, Chicken Dance or Cha Cha Slide.
5. OR, set up an online computer in a highly visible area and show one of the Instant Recess YouTube Videos
6. BE CREATIVE. BE ENTHUSIASTIC. DO IT AS A GROUP. HAVE FUN!

Don't Forget ~ Each Instant Recess Activity Earns 10 Bonus Points!



Online YouTube Instant Recess (Lift-Off) Videos are available



Active for Life Kick-Off Attendees enjoy a modified version of the "Cupid Shuffle."



Team Risky Business does the "Cupid Shuffle" most afternoons.

How to Win the “Best Team Spirit” Award

Eligibility for the “Best Team Spirit Award” will be based on the number of activities held and the percentage of team member attendance (to be reported to Wellness Works by the department Team Captain) at any or all of the following events:



- ✓ Healthy Potluck
- ✓ “Take the Stairs Day” Event (planning guide and e-vites are available)
- ✓ Fitness or Nutrition Lunch & Learn Presentation (speakers are available)
- ✓ Attend Active for Life Bootcamp
- ✓ Attend Fitness Classes (Yoga, Zumba, Body Conditioning)
- ✓ Conduct Instant Recess (leaders are available)
- ✓ Fitness walks
- ✓ Submit articles and/or individual and group digital photos for inclusion in the *Active for Life* weekly newsletter
- ✓ Submit videos of team activities to be featured on the Wellness Website
- ✓ Submit email testimonials (why you are participating, what have your successes been, how are you overcoming obstacles, etc) to Wellness Works
- ✓ Your call: Be creative – Inspire us – it’s all about group involvement

NEED DETAILS OR ASSISTANCE IN ATTENDING OR PLANNING THESE EVENTS?

Contact your Active for Life team at Wellness Works (510) 271-5190 or wellness@acgov.org.
We’re happy to help!



Office Exercise-of-the-Week:

no-limits stairwell bun-blaster

Your office building's stairwell is the next best thing to a piece of cardio equipment. Climbing stairs burns almost ten times more calories than taking the elevator. Tone up your buttocks and legs, get your heart pumping, and energize yourself.

1. Stand upright, hold in your abdominal muscles, and relax your shoulders.
2. Place your entire right foot on the step.
3. Push down on the step, lifting yourself up, feeling your buttocks and thighs contract. Continue climbing the stairs in this fashion.

Variation For more of a challenge, turn the stairwell into your private weight training and cardio studio. For example, climb one flight of stairs one step at a time. Climb the next flight two steps at a time. Keep alternating as long as time and your energy permit.

SECRETS OF SUCCESS: Start with one flight of stairs. Take the elevator to one flight below your destination. Walk up to your floor. Increase the number of flights as you become more fit.



This program is sponsored by Wellness Works, a program of the Risk Management Unit of the County Administrator's Office. For more information, call 271-5190 (2-5190) or email us at wellness@acgov.org.