

# WORKING (OUT) FROM HOME

## HOW TO STAY ACTIVE AT HOME EVEN IF YOU HATE EXERCISE

### Are you or the kids going stir crazy whilst stuck at home?

The prospect of staying at home for any extended time can be overwhelming and a little scary for lots of different reasons, including:

- » If you enjoy being fit and active and hitting that daily step count and now you are cooped up
- » If exercise isn't your thing but you know you must 'move it or lose it'
- » If you have anxiety or depression and staying active is an important part of your routine and you can't do what you normally do
- » If you are an older person who wants to be active but doesn't want to injure yourself
- » If you have a tribe of children who need to burn off energy
- » If you are a single parent and need your own stress release
- » If you are stressed about losing your job and it's affecting your wellbeing

### Staying active is one of the key elements in the 5-Ways to Wellbeing

One of the critical five ways to wellbeing is **staying active**.

The good news is that it's easy to do at whatever level is right for you. The other good news is that you don't have to enjoy it for it to be good for you.

Rather than letting the isolation get the better of you, why not try and embrace it as an opportunity to get active with new, at-home workouts you've never tried before, incorporate more simplistic healthy habits into your daily routine and mix things up a little.

It's an overcast, drizzly day out in Melbourne and we're working from home. The last thing you feel like doing is getting out of your snug PJs and hitting the treadmill to get that workout in.

But here's the good news – with this 7-minute home-based workout you won't have to! Here's a simple workout we can all do, even if 7 minutes is all we muster up!

As a valued member of our family at Moving Feast, we're here to help you through it!

### 5 WAYS TO WELLBEING

These 5 ways have been shown to improve personal sense of wellbeing across the life span.



## LET'S DO IT – FIND THE RIGHT KIND OF ACTIVE FOR YOU

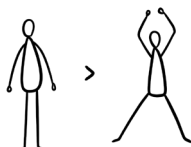
### ENERGETIC ACTIVE PEOPLE 'let's do it!'

The seven-minute workout involves high-intensity interval training, or HIIT, which alternates between 30-second bursts of maxed-out exercise where you give it everything you've got, and brief, 10-second periods of rest. It engages all your major muscle groups with just your body, a wall and a chair. 12 exercises. 30 seconds on, 10 seconds rest. Do this and go for a 30 min walk each day!

Perform each exercise at a high-intensity effort for 30 seconds. For static exercises such as the wall sit and plank, hold the position for 30 seconds.

For exercises that target two sides (such as your legs), alternate sides for 30 seconds. Rest for 5 seconds after each exercise. This circuit can be repeated 2 to 3 times if you have a couple of extra 7-minutes to spare!

#### 1 JUMPING JACKS TARGETS FULL BODY



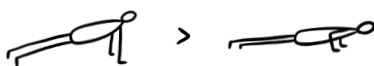
This is a gym classic — but you've gotta move fast! Stand with your feet hip-width apart. Jump your feet open as you raise your arms to form an X shape. Jump feet back together as you lower arms to your sides.

#### 2 WALL SIT TARGETS QUADS, HAMSTRINGS, GLUTES



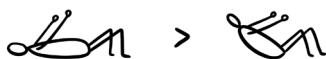
Stand with your back to a wall. Walk your feet away from the wall as you slide your back down the wall, lowering your body until hips, knees, and ankles are at 90-degree angles. Engage core to keep low back pressed against the wall.

#### 3 PUSH UP TARGETS CHEST, SHOULDERS, TRICEPS, ABS



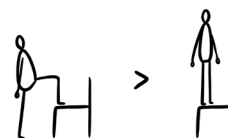
Start in high plank, wrists under shoulders, core engaged. Lower your chest to the floor, keeping legs, hips, and back in a straight line. Press into palms to push back up.

#### 4 CRUNCH TARGETS ABS



Lie faceup on the floor with knees bent and arms reaching toward feet. Press low back into the floor and engage the core to lift shoulder blades off the floor and slightly forward.

#### 5 STEP UP TARGETS QUADS, HAMSTRINGS, GLUTES, ABS



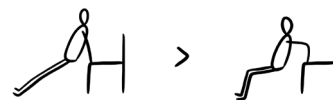
Stand facing a chair or stool and lift right foot onto the seat. Press into the heel of the right foot to lift your body onto the chair, balancing on the right leg. Slowly lower your back down to the floor. Switch legs and repeat. Continue to alternate.

#### 6 SQUAT TARGETS QUADS, HAMSTRINGS, GLUTES



Stand with your feet just wider than hip-width, hips stacked over your knees, knees over ankles. Hinge at hips, then send hips back. Bend knees to lower your body. Keep chest lifted while lowering to at least 90 degrees. Rise and repeat.

#### 7 TRICEP DIPS TARGETS TRICEPS, ABS



Sit on the edge of a chair and place hands on the edge, just outside your hips. Walk feet out a few steps, slide butt off the chair, and straighten arms. Bend elbows and lower your body until arms are bent at about 90 degrees. Press into the chair to return to the starting position.

## 8 PLANK

TARGETS ABS, ARMS, GLUTES



Place hands directly under shoulders. Engage core and squeeze glutes to stabilize your body. Keep neck and spine neutral. The Head should be in line with the back. Hold.

## 9 HIGH KNEES

TARGETS LEGS, ABS



Stand with feet hip-width apart. Engage core and use lower abs to lift and lower one knee at a time, as if running in place. Bring knees to the same height as

hips, thighs parallel to the floor, and try not to lean back. Stay on balls of feet and alternate legs as fast as possible.

## 10 LUNGE

TARGETS QUADS, HAMSTRINGS, GLUTES

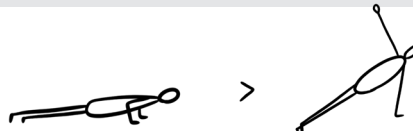


Stand tall. Take a big step forward with the right leg and lower your body until the right thigh is parallel to the floor and the right shin is vertical.

Don't let the right knee go past the toe. Press into the right heel to drive back up to starting position. Repeat on the other side. Continue to alternate legs.

## 11 PUSH UP WITH ROTATION

TARGETS ABS, CHEST, GLUTES, SHOULDERS, TRICEPS



Start in high plank. Lower your body toward the floor, then press back up to perform a push-up. Shift weight to left arm and rotate your body to the left side. Hold side plank for 1 count, keeping hips high. Return to starting position, perform a push-up, and repeat on the right side. Continue to alternate.

## 12 SIDE PLANK

TARGETS OBLIQUES, HIPS, ARMS



Lie on your side with legs and feet stacked. Lift hips and prop your body up on one elbow, keeping feet stacked. Press forearm into floor to keep torso and hips in a straight line. Hold.

## SLOW AND STEADY

'I'm no athlete but keen to be healthy and active'

Any activity is better than none, and more activity provides more physical and mental health benefits. Here are a few activities you can complete to maintain a healthy and active lifestyle:

- » Walk or jog for 30 min every day – you can even do it in 10-minute bursts
- » Do a squat instead of bending over each time you need to grab something off the floor
- » Don't be afraid to dance like no one's watching!

- » Why not make your regular household chores a great indoor workout? Try doing bicep curls while taking out the garbage bags, or lunge as you vacuum!
- » YouTube has some amazing free Pilates & Yoga tutorials, why not join in? <https://active.popsugar.com/>

## BABY STEPS

'Woah, this is all new to me' or 'I've got injuries'

New to exercise, or injured? Don't stress- these low impact exercises can help you stay fit whilst you recover (check with your GP before you try any of these, if you have any concerns!) or get used to it:

- » Take a mindful nature walk and notice the sounds & colours around you – great for your mental health too!
- » Do some gardening
- » Take the stairs instead of the lift, increasing it one flight at a time
- » Go for a gentle walk or bike ride each day
- » Sign up to a free online yoga class <https://www.corepoweryogaondemand.com/>




## FOR KIDS

- » Walk with parents/family/pet
- » Running races or chasing
- » Hide and seek
- » Play sport in the backyard or park – soccer, AFL, basketball, cricket, kick to kick, handball
- » TikTok to the latest, grooviest, get-you-heart-pumping, dance-like-no one's watching music!
- » Kids exercise programs <https://www.healthdirect.gov.au/safe-exercise-for-children>

## FIT FOOD

Working in the hospitality industry – we are no strangers to knowing our nutrition! Lucky for us, the 'Australian Guide to Healthy Eating' have provided a pie chart that serves as a visual reminder.



- PLENTY OF WATER 
- USE SMALL AMOUNTS OF OILS & MARGERINE 
- ONLY SOMETIMES: FAST FOOD, SWEETS, SOFT DRINK, JUICE 

To see the full chart visit: [www.eatforhealth.gov.au/guidelines/australian-guide-healthy-eating](http://www.eatforhealth.gov.au/guidelines/australian-guide-healthy-eating)

Working from home poses a whole new challenge – how to stop the snacking? Here are some tips & tricks to keep the munchies away!

- » Avoid working in (or near) the kitchen
- » Plan your snack and mealtimes
- » Don't skip meals
- » Prepare your lunch like going to school or work
- » Focus on real food – refer to the chart
- » Drink plenty of water
- » Be careful of too much tea or coffee
- » Avoid stocking up on junk food and soft drink
- » When you eat – just eat, mindful eating keeps you full longer
- » Eat with someone else if possible

Send us your creative ideas for how to stay active on Instagram @STREATMelbourne

## REFERENCES

Mattar, L., Farran, N., & Bakhour, D. (2017). Effect of 7-minute workout on weight and body composition. The Journal of sports medicine and physical fitness, 57(10), 1299-1304.

Reynolds, G. (2013). The scientific 7-minute workout. New York Times, 9.

Taylor, A., 2020. 10 Tips For Eating Healthy When You're Working From Home. [online] Health Essentials from Cleveland Clinic. Available at: <<https://health.clevelandclinic.org/10-tips-for-eating-healthy-when-youre-working-from-home/>> [Accessed 26 March 2020].

Eatforhealth.gov.au. 2017. Australian Guide To Healthy Eating Eat For Health. [online] Available at: <<https://www.eatforhealth.gov.au/guidelines/australian-guide-healthy-eating>> [Accessed 31 March 2020].