

# “DESKERCISE”

## Exercises & Stretches at Your Desk



LaTanya Richards

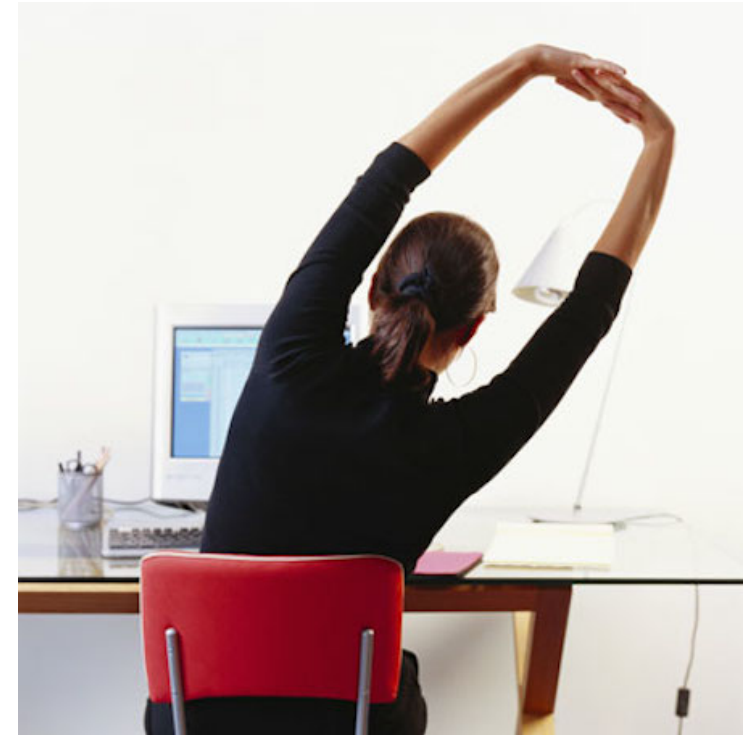


HHS HR Clinic



# The Impact of a Sedentary Lifestyle

- Your risk of diabetes, obesity, and cardiovascular disease *DOUBLES*
- NO physical activity increases the risk of the following health conditions:
  - \* colon cancer
  - \* high blood pressure
  - \* osteoporosis
  - \* depression
  - \* anxiety



# Benefits of Physical Activity

- Weight Management - Weight loss
- Helps prevent heart disease and stroke by strengthening your heart muscle
- Lowers blood pressure
- Raises your high-density lipoprotein (HDL) levels (good cholesterol)
- Lowers low-density lipoprotein (LDL) levels (bad cholesterol)
- Improves blood flow
- Increases your Energy
- Increases your self- confidence.
- Less stress and anxiety
- More of a relaxed mood

# Key Takeaways

- It is recommended to have 150 min/wk of moderate physical activity
- Our bodies are made to move
- Implement more walking while at work
- Take 10-15 minutes break for deskercise
- Do fun activities with family and friends
- **MAKE THE TIME** for your **WELLNESS!!**



# Resources

For additional information please visit:

<https://www.nia.nih.gov/health/exercise-physical-activity>

<https://www.surgeongeneral.gov/library/calls/walking-and-walkable-communities/index.html>

[https://www.nhlbi.nih.gov/health/educational/lose\\_wt/](https://www.nhlbi.nih.gov/health/educational/lose_wt/)

Contact R&W NIH Fitness & Well-being Program -

<http://govemployee.com/nih/rw-services-membership/fitness-home/>

## Contact Information



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# Recreation & Welfare Association NIH Fitness & Well-being Program

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