

ENERGY FOR PERFORMANCE

Workday Movement and Exercise

A PROGRAM BROUGHT TO YOU BY JANUS LABS

DURING THE WORKDAY

Movement is one of the most powerful stimulators of energy. Plan your use of movement to strategically enhance your energy production and maintain peak performance throughout the day.

Types of Movement

- Every 30-45 minutes
 - Stretching
 - Small Movements
- Every 90-120 minutes
 - Large Movements

MY WORKDAY IDEAS/GOALS FOR STRATEGIC MOVEMENT:

DAILY STRATEGIC MOVEMENT EXAMPLES:



Stretching (every 30-45 minutes)

Reach forward: Sitting on the edge of your chair with an upright posture, interlock your fingers (palms of hands facing outwards) and slowly extend your arms straight out in front of you. Let the back of the shoulders round slightly as you reach forward. Stretch to the point of mild discomfort at the most, hold for 10-30 seconds and breathe normally.



Small Movements (every 30-45 minutes)

Flex and Extend Foot: Sitting on the edge of your chair with an upright posture, extend one leg out in front of you and with the heel on the floor, point the toes upwards and then forwards momentarily. Repeat 10 times and then repeat for opposite foot.



Major Movement (every 90-120 minutes)

Walk: Ideally, stand up, take a deep breath and walk away from your desk, even if just for a moment. For example, stand up, walk to the window, take a deep breath, stretch and return to your desk. Or, walk to the break room or to lunch.

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DURING THE WEEK

Exercise is any movement that challenges the body, but it must be done on a regular basis.

Weekly Recommendations

→ Aerobic Training

- Minimum of 3 days/week
- 30-60 minutes
- Alternate between levels of high and moderate intensity in 3 minute intervals

→ Resistance Training

- Minimum of 2 days/week
- 20-45 minutes
- 1-2 sets per exercise; 8-12 repetitions using a challenging weight

→ Flexibility Training

- 3-5 days/week
- 5-10 minutes after each exercise session

WHAT IS YOUR WEEKLY FITNESS ACTION PLAN?

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Time & Duration							
Location							
Type (A, R, F)							
Mid-Day							
Time & Duration							
Location							
Type (A, R, F)							
Evening							
Time & Duration							
Location							
Type (A, R, F)							

(A, R, F - Aerobic, Resistance, Flexibility)



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