



FITTING IN MOVEMENT

- * The physical activity recommendation is 150 minutes per week of moderate-vigorous exercise. The number of steps and times you move varies each day, however, what's most important is that you're incorporating positional change and moving your body daily [according to pulmonologist, Dr. Russel Buhr](#).
- * Participate in the exercises that you feel most comfortable doing
- * Follow-up with Healthcare Provider if symptoms or concerns develop.

Options:

- 1) Home Exercise Programs
- 2) Mindfulness
- 3) Natural Pauses – Moving Throughout the Day
- 4) Stretching Tips
- 5) Virtual Team Activity
- 6) Movement Prompters

HOME EXERCISE PROGRAMS



[UBC Recreation](#) has provided ways in helping you stay active at home such as:

- ◆ Live movement sessions
- ◆ Working or studying from home
- ◆ At home workouts
- ◆ Additional thriving resources

UBC has partnered with LifeWorks and LIFT session to offer a month-long [LIFT fitness challenge](#) for everyone at UBC.

You can even get creative by designing your own 14 day workout plan with your colleagues!

Fitness from the comfort of your own phone

Start your customized fitness program and sign up for the LIFT challenge.



THE UNIVERSITY OF BRITISH COLUMBIA MINDWELL-UBC

30-Day Mindfulness Challenge UBC Faculty and Staff

Want to experience less stress, more joy and better focus?
Participate in one of our online Mindfulness Challenges!

Group Start Date: April 14, 2020
Or, begin your own practice every Tuesday

Participants in the Challenge report feeling:

- More Engaged
- Healthier & Happier
- Working Better Together

hr.ubc.ca/mindfulness

MINDFULNESS

Mindfulness can not only help you with your mental health, it can also help you pay more attention to cues in your environment to help you get up and move. Practicing mindfulness has many benefits such as reduces anxiety, improves cognition and enhances physical health.

[UBC's 30-Day Mindfulness Challenge is a free online training program.](#)

NATURAL PAUSES

Moving throughout the day



Make sure to drink plenty of water!

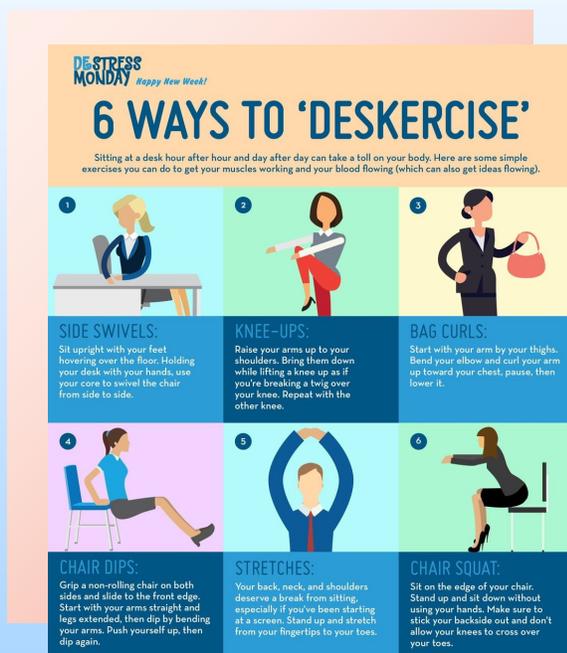
This will help prompt you to get up both to refill your water and to go the bathroom. Drinking water throughout the day will keep you hydrated and might enhance performance during strenuous activity.

Treat your calls as meetings.

Take a few steps in your house to walk to your meeting or better yet, consider standing up while talking on the phone.



STRETCHING TIPS



Poster: [Move It Monday Deskercise](#)



Poster: [UBC Stretching Guide](#)

VIRTUAL TEAM ACTIVITIES



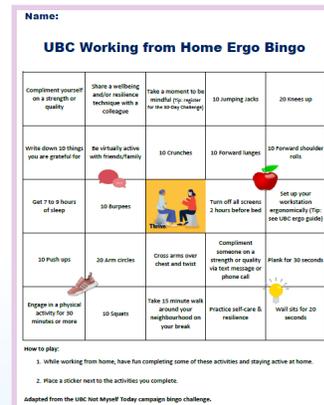
Start neighbourhood photo challenges! One person decides the theme of the photo challenge. Take a walk in your neighbourhood during your break. Then at the end of the day, each teammate will submit their photos.

Theme examples: objects that are heart-shaped to show gratitude for health workers, things that you find calming or your favourite plant for Earth Day.

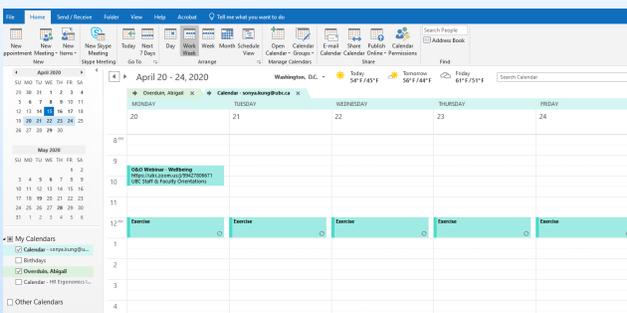


Exercise challenges and nominate others to join! Start an exercise challenge with your colleagues! Let's say the challenge is to do 10 push ups. Film yourself doing it and then send the video to your team and tag 3 or more colleagues to join in. Then those 3 colleagues film individually themselves and tag others to join in and it goes on!

Time for Bingo! Have fun completing some of these activities to stay active at home. Here's the [Working from Home Bingo Edition](#) (adapted from UBC's Let's Thrive 2019 Bingo).



MOVEMENT PROMPTERS

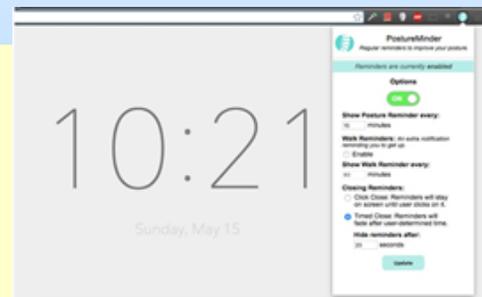


Schedule in exercise meetings with colleagues!

Just like scheduling in meetings for work, you can schedule in a time in your calendar to exercise.

[Posture Minder](#) reminds you to be mindful of how you sit. You can set the frequency of the reminders.

Use at your own discretion. Privacy Impact Assessment under review.



Check if your phone has a built-in movement tracker or if there's an app you like to promote fitness, movement, etc.