

## Ten Minute Office Workout

**Endurance** exercises are important for cardiovascular health. Elevating the heart rate will help burn fat. Plan to do the following in the morning or for the afternoon break to provide circulatory health 5 times per week. Add this program to the overall healthy fitness plan. Put on music for a workout beat.

### **Stretch- slow stretch, no bouncing- take one full minute to stretch**

Full body front stretch- arms up over head  
Full body back stretch- hands to feet

### **Upper body workout- one minute each or mix and match for 3 minutes**

Punching – punch to a spot at nose level  
Rowing – moving arms back and forth  
Left arm up over head to the right side while tapping left toe on floor- then opposite

### **Core workout- one minute each or mix and match for 2 minutes**

Swing hips side to side  
Ab crunches- front to back

### **Lower body workout- one minute each or mix and match for 3 minutes**

Running in place  
High step with left foot higher than right knee  
Squats

### **Stretch- slow stretch, no bouncing- take one full minute to stretch**

Full body front stretch- arms up over head  
Full body back stretch- hands to feet

### **Other endurance activities include:**

Standing 3 hours per day- elevate desk tops to waist level  
Walking 10,000 steps per day- walk 3000 steps after lunch  
Up moving around more than ½ the day- take hourly walk around the office breaks

### **Outcomes**

Improved productivity, healthy work environment, healthier worksite relations, improved profits



Mary Ann Wietbrock RN MSN ACNS-BC CMC  
Board Certified Adult Clinical Nurse Specialist  
Specialized in Fitness & Nutrition & Medications  
With 25+ years of experience in cardiovascular diseases  
Published, Speaker, Blogger                      Mobile to your home or office  
Weight Loss Coach for individuals, couples, families, groups, & offices  
Program accepts Health Savings Account funds

317-410-9140

wellnessprogram@cardinalelements.com

www.cardinalelements.com