

STAY FIT WHILE YOU STAY HOME



PRESENTED BY BROCK ARMSTRONG
BROCKARMSTRONG.COM



Get-Fit Guy


Quick
AND Dirty
Tips

SNEAKY WAYS TO GET
MORE MOVEMENT INTO YOUR LIFE

TODAY'S DISCUSSION



Topics to Cover

- Why this is important!
 - How we got it wrong
 - How we can correct this
 - Key times during the day
- 



How many calories am I burning?

Does it matter?


Let's put the joy back to movement
because movement is its own reward.

ME - BROCK ARMSTRONG

#FitAtHome

KEY MOMENTS



- 
1. First thing in the morning,
 2. Your commute or travel time,
 3. While we work,
 4. After lunch,
 5. End of our work day,
 6. After dinner,
 7. Before Bed,
 8. And the bonus time!

Ripe for Movement





MORNING FULL- BODY WARM-UP ROUTINE

brockarmstrong.com/morning

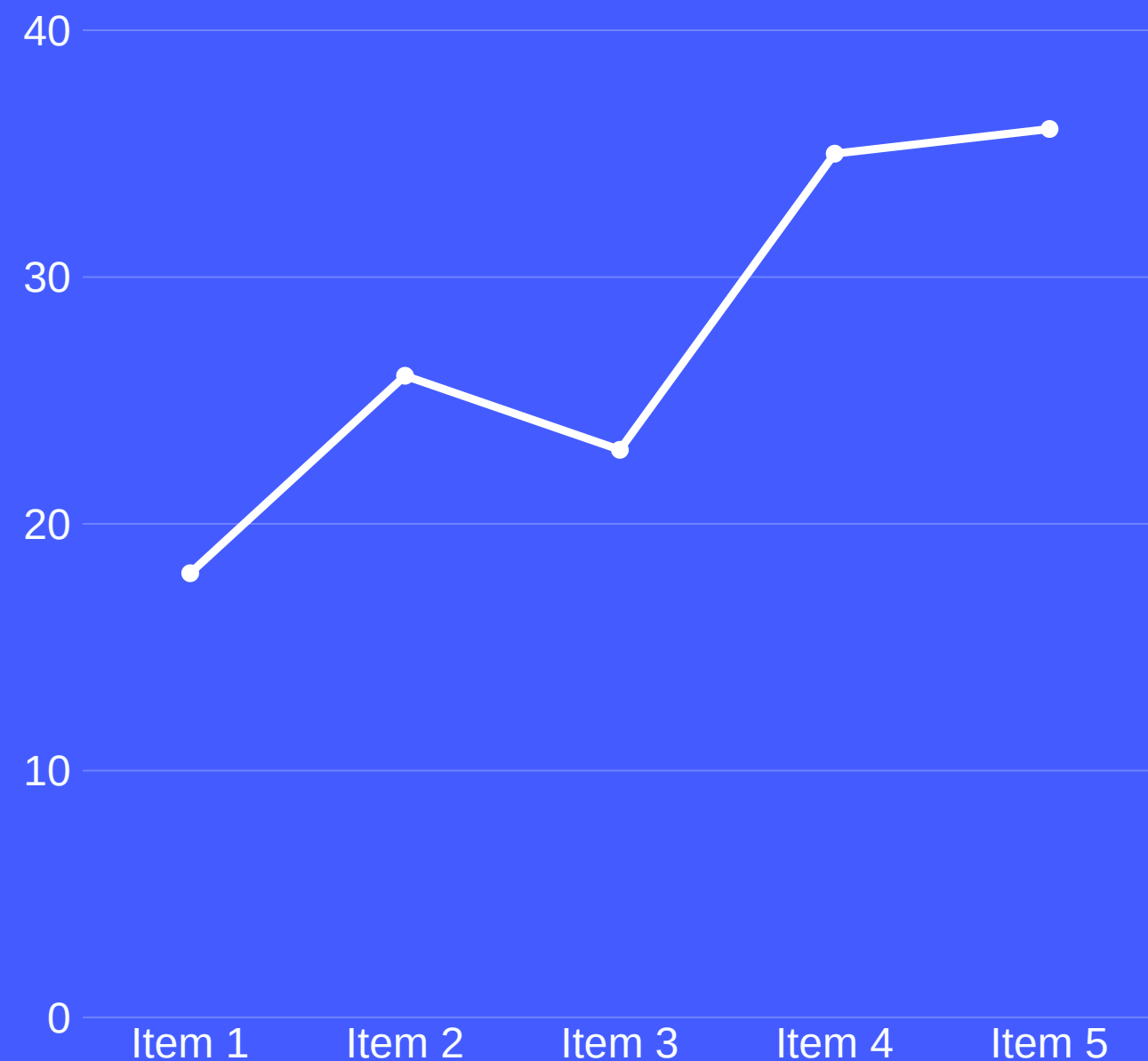
WORK TIME - DYNAMIC WORK STATION

brockarmstrong.com/dynamicwork



You don't have to stand all day!

Effect of Greasing the Groove



PRACTICE
PRACTICE
PRACTICE



Each day your body gets more
accustomed to and efficient at the new
movement!.

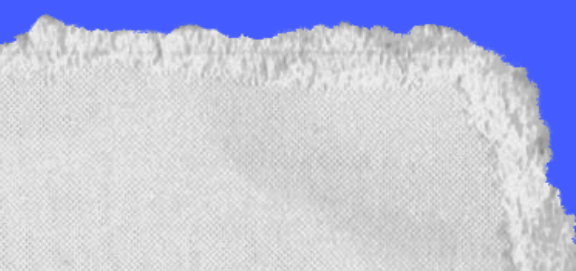
Lunch Time Movement

TAKE A WALK AFTER LUNCH!

15MINS

AFTER MEAL WALKS

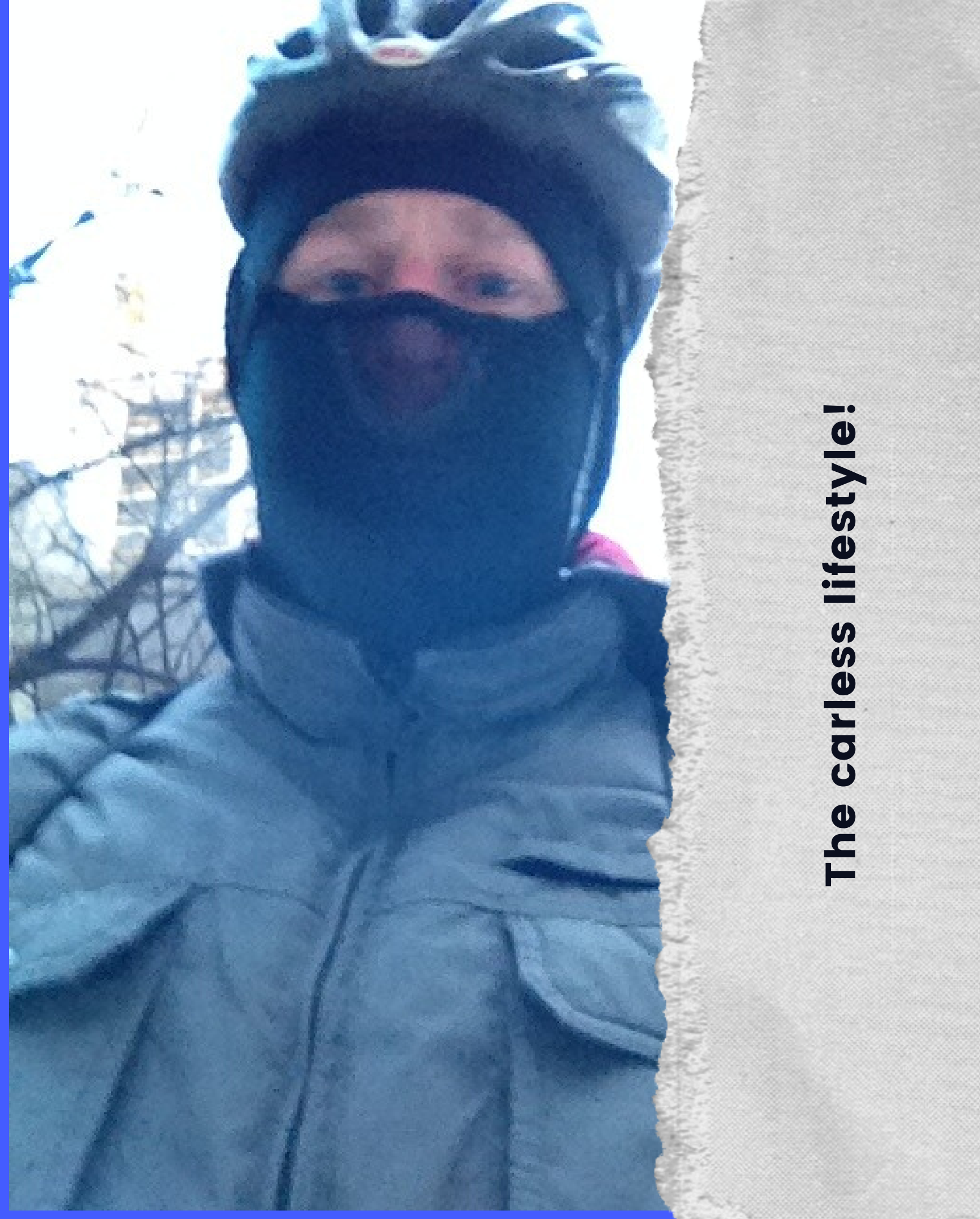
- 15 minutes of walking after eating, improves blood glucose control.
- Ten three-minute bouts of brisk walking or one 30-minute bout of moderate to brisk walking after a meal lowers postprandial blood pressure and triglyceride levels.
- Walking has cognitive benefits, improving cognitive control and academic performance in preadolescents—particularly in those who need it—and boosting creativity in pretty much everyone.
- It reduces stress and is a surefire way to lower cortisol.
- Just going for a 30-minute walk increases killer T-cells and other markers of immune function.
- Because walking is not difficult, we can take that time to also concentrate on our thoughts, work through problems, come up with new ideas, and discover solutions.
- Walking wakes you up (especially walking up some stairs) and makes those afternoon board (bored?) meetings much more tolerable.



THE COMMUTE OR TRAVEL TIME

You don't have to sell your car to act like you don't have one!

For some videos on in-car exercises, go to [instagram.com/workplace_hero/](https://www.instagram.com/workplace_hero/)



The carless lifestyle!

EVENING TV & RELAXATION TIME



You're just sitting there anyway, why not contribute to your wellbeing?

brockarmstrong.com/tvtime



SIT ON THE FLOOR
To create new geometry

#FitAtHome



BEDTIME ROUTINE

If you have aching muscles or joints, some gentle stretching and deep breathing can help ease your aches and allow you to get to sleep faster.

brockarmstrong.com/bedtime



UN-SNEAKY

Bonus

DEDICATED EXERCISE TIME



MOVEMENT

Non-negotiable, this is what we have been talking about!



EXERCISE

Shores up the deficiencies in our daily movement.



TRAINING

What we do to reach a particular fitness goal.

Quiz!

In the morning, did you warm-up for your day or do any type of full-body movement routine?

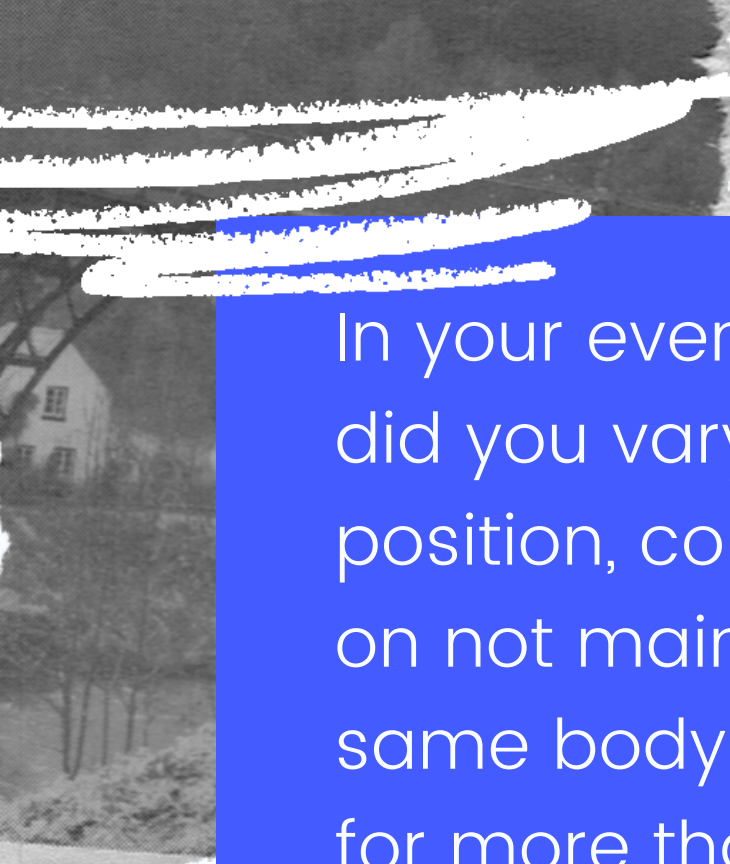
Did you use an active form of commuting?

Did you get out of your chair and move for at least 2 minutes most hours of the day?

Did you make any type of full-body movement (such as walking) part of your lunch break or mid-day routine?

Did you counteract the “afternoon sleepies” by raising your heart rate through movement rather than more coffee or a snack?

Before or after dinner, did you take a walk, ride your bike, or engage in at least 20 minutes of non-sedentary behaviour?



In your evening activity, did you vary your position, concentrating on not maintaining the same body geometry for more than a few minutes at a time?


Have you moved your body all the way from the floor to a standing position (or vice versa) more times than you did yesterday (or last week)?

Before bed, did you set aside time to stretch, breathe deeply and prepare your body for sleep?

Did you make time for 30 minutes or more of dedicated (moderate to vigorous) exercise time?

Bonus – at any point during the day did you move your body in a way that...

Raised your heart rate (a little or a lot), challenged your muscles (a little or a lot), tested your balance and/or coordination?



? OUT OF 11

HOW DO YOU SCORE EACH
DAY?

11 OUT OF 11

110% -- THE UBIQUITOUS
ATHLETE LEVEL OF EFFORT: "I
WENT OUT THERE AND GAVE
110%!"



Remember

**"MOVEMENT IS A CELEBRATION
OF WHAT OUR BODIES ARE
CAPABLE OF, NOT A PUNISHMENT
FOR WHAT WE HAVE
DONE/EATEN."**

SOMEONE SMART





HANDY TIPS

LOOK FOR OPPORTUNITIES TO MOVE

Life is full of movement if we look for it.

QUESTIONS?



LOOK FOR CHANCES TO BE INEFFICIENT

Why do something sitting down if you can do it standing up?

MOVE IT OR LOSE IT!

Think about what shape you want your sarcomeres to remember and do that more!

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