

Health Tip of the Month

Burst Into Office Exercise!

Burn Calories,
Not Electricity



Take the stairs!

Check out the benefits of Short Duration, High Intensity Interval Training (HIIT):

Body Fat: Can lower body fat content, which reduces your risk for certain cancers

Heart: Can improve your level of aerobic fitness and lower your resting heart rate.

Walking up the stairs daily can lower your risk of heart disease, relieve stress, and strengthen your bones.

Blood Pressure: Can improve your systolic and diastolic blood pressure, which lowers your risk of heart disease

Blood Sugar: Can improve your blood sugar levels and insulin response, which lowers your risk for diabetes.

Mood and Self-Esteem: light, moderate or hard exercise are as effective in reducing depressed mood at both 10 and 30 minutes following exercise.

Even **10 minutes** of high intensity exercise per day can improve your health. High intensity is reached by using lots of full body exercises with minimal rest time in between.

Start HIIT This Week!

Using the images from this graphic to guide you. Bring sneakers and start this week!

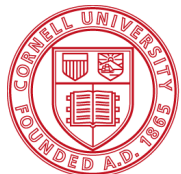
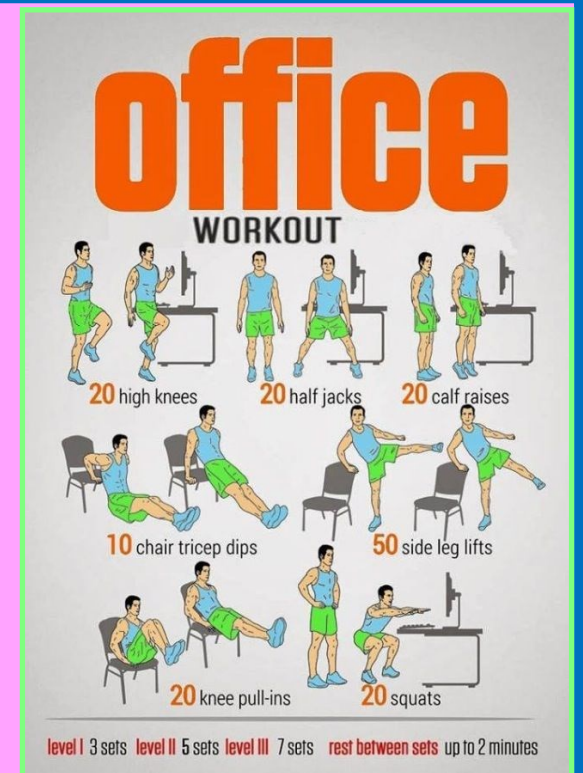
Level 1: Repeat 3 full cycles

Level 2: Repeat 5 full cycles

Level 3: Repeat 7 full cycles

Your Goals:

- Try to get to and maintain a high level of physical exertion (you want to feel heavy breathing and body temperature rising) for as long as possible.
- Rest **2 minutes or less** between exercises and full cycles.
- Aim for at least **3 office workouts** each week.



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