



## Ask the Experts!

### Get on the move!

#### 6 ways to sit less and move more during your workday.

Most people think that the only way to burn calories is through scheduled exercise sessions. Although exercise is the most ideal way to expend a lot of calories, there are additional ways to burn them throughout the day that are not programmed sessions.

There are many activities that we already do, but may not realize their caloric output effect. Simple tasks such as gardening, physical labor, climbing stairs and even fidgeting help us expend additional calories. This movement increases our metabolic rate and results in a substantial calorie burn over time.

Research suggests that individuals who move throughout the day are more likely to reach or maintain weight-loss goals, versus those who are sedentary throughout the day and vigorously move through one exercise session. Therefore, a greater caloric output occurs throughout the day rather than during one energetic exercise session.

Most people spend the majority of their day at work. One way to increase caloric burn is to implement movement throughout the workday. Agriculture, construction and manufacturing trades are good examples of high-movement jobs because they require an increased demand to be active. On the other hand, desk jobs are primarily sedentary and do not expend much energy.

Here are some creative ideas to integrate movement in your workday:

1. Change your mode of transportation. Walk, bike or bus to work instead of driving.
2. Implement walking meetings.
3. Throw out your garbage can. Give your eyes and body a break from the computer screen by discarding waste at a garbage can farther from your desk.
4. Create wellness challenges. Talk to your HR or Wellness department about creating walking challenges. If HR cannot help, form walking teams within your department.
5. Take the stairs. This old adage still rings true. Skip the elevator and take the stairs to keep your body moving throughout the day.
6. Stand instead of sit. Adjustable and standing workstations are becoming increasingly popular in the workplace.

Both weight loss and weight maintenance can be made easier with more movement added to your lifestyle. Try making these changes one at a time, and soon you'll find that your workday is just as productive for your health as your workout!



## The Power of Meal Planning

Whether you are a parent of five kids or zero, live with a significant other or own a pet, life is definitely busy! Making time to cook healthy meals can be difficult and the dreaded question “What’s for dinner?” lingers in your mind all day. Especially in the colder months, going to the grocery store seems like an added chore. So why not plan your meals weekly and save yourself time and money? Once you get the hang of this skill, the “what’s for dinner?” question will no longer be dreaded, but encouraged.

## The Benefits of Meal Planning

Meal planning will save you time and money, and so much more.

Some other benefits of this concept include:

1. **Helps You Eat Healthier** - When planning ahead of time, you can really think about what you are putting into your body.
2. **Reduces Your Stress** - No more rushing home at 5 PM stressing about what to make for dinner. With a plan, everyone in your family will know what is for dinner ahead of time.
3. **Eliminates Food Waste** - Look at what is in your cupboard, pantry, fridge and freezer before meal planning to help you use up perishable items you might already have.



## How to Get Started

Before you start, it is important to keep in mind that each person will have a different method for planning meals. Whether you are an organized individual or fly by the seat of your pants, do what is comfortable for you! Here are some tips and suggestions to get started:

- Spend some time thinking about your favorite recipes you already make. Want new ones? Spend an afternoon clipping out recipes or ask family and friends for their favorites.
- Get a notebook that will become your “recipe journal.” You can write down your recipes, tape them in and also make comments. For example, “I added an extra tbs. of garlic,” or “My family was not a fan of this dish.”
- Get a piece of paper or a meal planning worksheet and start writing in meals for each day of the week. You want to take into account you and/or your family’s schedules and what items you might already have in your household while planning the dishes.
- Make double batches of some meals to have for leftovers, or put them in the freezer for later use.
- Refer back to your plan to know exactly what needs to be defrosted, prepped, or bought fresh such as salad greens.

## Breakfast Ideas

Make small plastic bags with smoothie ingredients and put them in the freezer. Spending 20 minutes doing this on Sunday will alleviate stress during the week and help you eat healthy. Also, think of five go-to breakfast recipes and have their ingredients in your house at all times. Examples of these might be eggs, oatmeal, high-protein cereal, or Greek yogurt.

## Lunch Ideas

Do you have leftovers in the fridge? If so, pack that in your lunch. Also, make room in your fridge for a place for healthy snacks that are easy to grab. Make plastic bags of cut-up fruits and vegetables that can be added to your lunch bag for added fuel throughout the day. Have another go-to space in the cupboard for non-fridge items like nuts or fresh popped popcorn.