



## OFFICE EXERCISE

*A few simple and easy office exercises can help you stay alert and boost productivity.*

### SelectHealth and Intermountain Healthcare Resources/Educational Materials

- > Increase productivity, reduce health risks, and encourage healthy habits at your workplace with several work site programs. Visit [www.selecthealth.org/worksitehealth](http://www.selecthealth.org/worksitehealth).
- > Discounts for SelectHealth members to health clubs and fitness centers. Visit [www.selecthealth.org/discounts](http://www.selecthealth.org/discounts).

### National Resources

- > Worksite Health – [www.worksitehealth.net](http://www.worksitehealth.net)
- > WebMD® – [www.webmd.com](http://www.webmd.com)

### Implementation

- > Distribute the “Office Exercise” handout to employees.
- > Use the Catch A Flight<sup>SM</sup> program to encourage employees to be active.
- > Schedule a Lunch & Learn session on “Physical Activity at Work.”
- > Schedule a Lunch & Learn session on “Physical Activity and Weight Control Programs at the Work site.”

### Health Tip

Sitting or standing, allow your arms to hang at your sides. Tilt your head sideways to your shoulder. Hold for 15 seconds. Repeat on the opposite side.