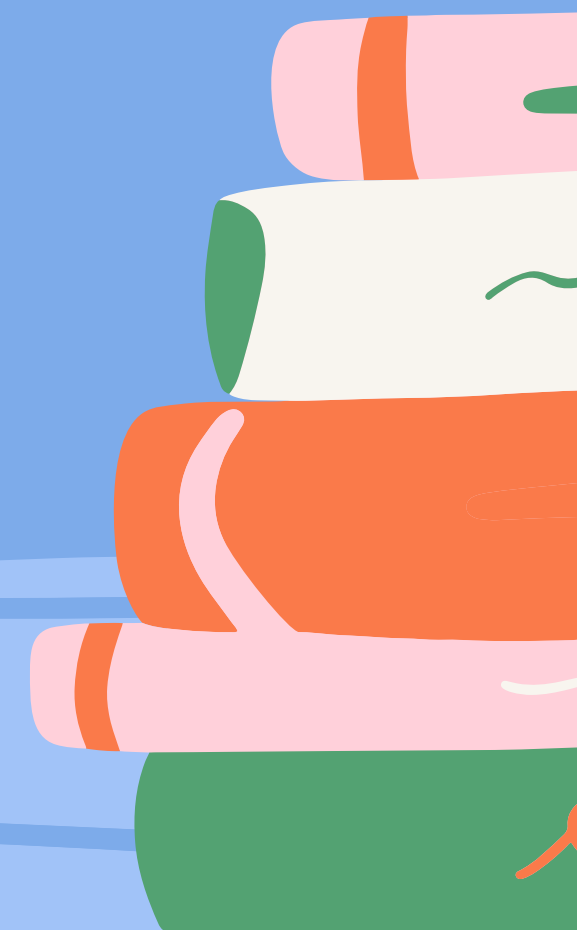


# MAINTAINING YOUR EXERCISE ROUTINES DURING THE PANDEMIC

Karen Howell, Lafayette College





## **Wellness Event for Academics: Kicking off the Spring 2021 Semester**

**3C. Maintaining Good Exercise Routines During the Pandemic.** Moderator: Karen Howell, Associate Director of Recreation, Lafayette College. (Support: Tracie Addy, Associate Dean of Teaching & Learning, Director of CITLS, Lafayette College, Lafayette Zoom link)

### **Session Notes**

Strategies shared:

- Walking during Zoom meetings
- Incorporating Deskercise activities while working
- Using [NY Times 7 minute workouts](#) for those with time constraints
- Taking baby steps to reach a goal and committing to moderate exercise
- Finding something fun to do when exercising and switching up activities
- Recognizing that it takes 30 days to establish a pattern
- Changing scenery such as visiting different parks, etc. while walking or running
- Bringing a friend when exercising for accountability

# DESKERCISE

## by Recreation Services

*Complete these exercises 1-3 times per day to help keep your body moving, your brain fueled. Increase your energy and keep your mood lifted. . If anything seems beyond your abilities, do not try them. As you get better at simple exercises, you can continue to add more challenging ones into the mix or even more sets.*

### Stretch

- Neck Rolls – Drop ear to shoulder and roll to front slowly and go other way (3x)
- Shoulder Rolls Front and Back (3x each way)
- Shoulder Stretch --Bring arm across body and look over shoulder and hold for 10 seconds. Take that arm and bring it behind your back, grab with other hand and hold this stretch hold for 10 seconds.

### Wrist Exercises

- Wrist Extension – High Five (3x)
- Wrist Flexion - Drop hand and assist stretch with other hand (2x 10 seconds each)
- Wrist rolls both sides (3x each way)

### Cardio

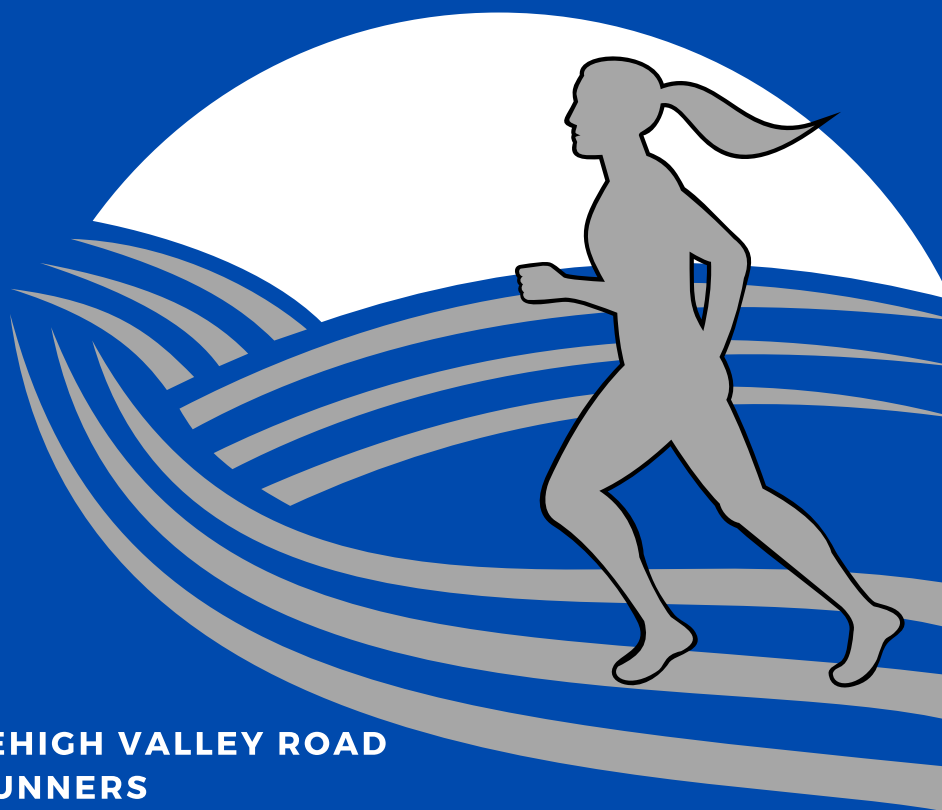
- Knee Raises 1-2sets of 20 Reps (add a hop and do more sets)

### Strengthen (10X each 1- 2 sets)

- Reverse Lunge at your desk –strengthen quads and butt. (Do not hold on to engage core!)
- Reverse Lunge Pulse- 30 seconds each side. Increases strength in legs and stability
- Squats and pulse – Weight all in heels, push hips back to lower butt down
  - Squat Pulse 15-second challenge
- Desk Push Ups - Strengthen chest arms and abs.
  - Pulse for 15 seconds - pull elbows by rib cage to engage the triceps

### Stretch (Hold for 10 seconds each 1- 2 times each exercise)

- Triceps Stretch
- Shoulder Stretch--Posture Exercise – Move to edge of seat. Pull arms behind and grasp sides of the chair. Lift chest and lean forward and hold--inhale and exhale
- Figure 4 Stretch -- Gently push on knee to open hips
- Sit down Cat Cow Stretch Opens Chest and Back) Inhale on Cow, Exhale on cat
- Neck Stretch (Use hand and gently pull neck to shoulder each side)
- Overhead Stretch Inhale and exhale bringing hands to heart center



## LEHIGH VALLEY ROAD RUNNERS

# February Funk Fitness Challenge

*"A month-long fitness challenge to help get you through the doldrums of winter! Complete the main challenge and the 4 mini-challenges for a chance to win prizes. 10 winners will be selected at random but must complete all 5 challenges in order to qualify for a prize. Challenge takes place from February 1-28, 2021." Cost \$30.*

**Main Challenge:** Log 100 walking or running miles during the month of February

**Mini-Challenge:** Complete all four mini-challenges (1 per week)

[WEBSITE FOR REGISTRATION INFORMATION](#) 118



Click here to access

# Fitness Challenges

