



A Committee of the Conference of Chief Justices

EATING WELL & GETTING EXERCISE

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The Workplace Survival Guide is a product of collaboration between the Indiana State Bar Association's Wellness Committee and Young Lawyers Section. These articles were contributed by Sharon McGoff, Fit 4 Life, Indianapolis, Indiana

EATING HEALTHY IN A BUSY LIFE

1. Fast Food; Client Lunches/Dinners; Room Service
 - a. Instead of Mayonnaise and Cheese, add extra vegetables (tomato, lettuce), and for a condiment, choose mustard, honey mustard, BBQ sauce, ketchup, salsa or hummus.
 - b. Check out the menu ahead of time online...most have nutrition facts.
 - c. So-called "Value Meals" are not a value for your body or wallet. Avoid them.
 - d. If you want a hamburger, opt for a side of vegetables or fruit instead of fries even if they cost an extra \$1...healthcare costs for diabetes and obesity are shocking and your health is worth an extra \$1!
 - e. If you want fries, opt for a grilled chicken or fish sandwich instead of a hamburger or fried chicken/fish.
 - f. If you are craving something and you just have to have it, (fries, milk shake, fried apple pie, chocolate cake) split it with a friend.
 - g. Avoid menu items that scream 'high fat' and 'high calorie.' These words include: cream, batter-dipped, tempura, fried, Alfredo, breaded, country-style, crispy, crusted and glazed.
 - h. Choose menu items that shout 'Healthy': grilled, broiled, flame-cooked, steamed, poached, roasted and seared. When in doubt, ask the server. That is why he/she is there, to serve you!
2. Portion Distortion
 - a. Choose Satisfied over Stuffed. It takes 20 minutes for stomach to signal brain you are full.
 - b. Most of us underestimate how much we are eating, especially when dining out.
 - c. Use your "hand" for portion control. The size of your palm is equal to one serving of meat, the size of your fist is a serving of grains, a wide open hand is the size of vegetables or fruit, the "ok" sign is the size of fat.
 - d. ALWAYS plate your food. DO NOT eat out of a box or bag. You'll have no concept of how much you are eating.
 - e. Share an entree with someone or ask for half of your meal in a to-go box before the food is even served.

3. Eat Mindfully!

- a. Become fully aware of what is on your plate and think, “Is this something I need? Do I really need this cookie now or am I upset? Does this have something to do with my mood? What is really going on here?”
- b. Eating is not about deprivation but about being aware of the food so you experience the flavors that are nurturing your body. Focus on the moment and the sensation of tasting the food.
- c. Chew slowly. It takes 20 minutes for the stomach to signal the brain that you’re full.
- d. Eat in silence or without getting sucked into TV, Computer, phone, etc. Learn to “be still.”

SMART SNACK IDEAS FOR WORK

Easy Fruit: Seedless Grapes, Bananas, Apples, Pears, Oranges, Plums, Unsweetened Applesauce. Add low fat string cheese stick or low fat Laughing Cow cheese.

Easy Vegetables: Cherry or Grape Tomatoes, Carrot Sticks or Chips, Celery sticks, Sugar Snap Peas. Top w/Low Fat Peanut Butter/Almond Butter, low fat cream cheese, hummus, or salsa.

Small bag or serving of baked chips, pretzels or a single-serving bag of air-popped popcorn (try air popping in microwave with 1/3 cup popping corn and plain paper bag for 2 min or until popping stops, spray with I Can’t Believe it’s Not Butter Spray and season to taste).

Cereal: Low Fat/ Low Calorie/ High Fiber Cereal (i.e. Cheerios)—measure it out! Add yogurt, fruit or skim milk.

Fruit or Veggie pizza: spread 2 tablespoons of nonfat cream cheese on an English muffin or Rice cake. Top with berries or handful of grapes. Or top with broccoli, carrots, and tomatoes for a veggie twist.

English muffin or rice cake topped with slice of low fat slice, hummus, low fat peanut or almond butter, and apple or pear slices.

Nonfat pudding cup (freeze it).

“Different PB Sandwich”: 1 tablespoon low fat peanut butter on a whole wheat tortilla or Flatout, sprinkled w/1 Tbsp whole-grain cereal and cinnamon, with banana slices on top. Roll it up for a crunchy treat.

Trail Mix: 1/8 cup sliced almonds, 1/8 cup of dried cranberries, cherries or raisins and 1/2 cup whole-grain cereal.

Skim milk with 1 Tbsp chocolate powder (add high fiber cereal).

EXERCISES YOU CAN DO ANYWHERE ANY TIME

CARDIO:

March in place: regular marching, high knees, butt kicks (30 sec each), raise arms overhead or swing back and forth

Step side to side, moving arms, 30 sec

Jumping Jacks

Jogging in Place – knees high jogging and kick rear-end jogging

Side to Side fast lunges, touching your hand to the floor and quickly lunging to the other side

Sit and Stand: (quadriceps): stand up tall in front of a sturdy chair and with your hands on thighs, sit down and stand up, 15 x's. As you get stronger, put your hands above your head.

LEGS:

Squats: (thighs): stand behind chair or against a wall. Place feet wider than hip width and turn toes lightly out. Bend knees and come down into squat. Keep knees behind toes as you go down! The goal is to lower hips until they are level with your knees. Hold for one minute.

Standing hamstring curls: (hamstring muscles) stand behind chair and balance on right leg as you lift left leg so heel touches your rear. Challenge: do w/o holding onto chair.

Standing side leg lifts: (back, hip, thigh muscles): stand tall behind chair, lift right leg out to the side as high as you can w/o moving your torso. Lower leg and do not let torso rock from side to side as you do this! 15 x's repeat other side.

Lunges, 30 sec, right foot in front of left, bend both knees straight down (do not touch the floor) keeping your front knee behind your toes so you don't hurt your knee. If this exercise hurts your knee, do not go down quite so far. If it still hurts, do not do this exercise.

Flat back bend over: (stretch and strengthen hams and glutes): stand up tall, slowly bend forward as far as you can until your flat back is parallel w/the floor, knees slightly bent. Keep your head and neck aligned w/your spine. Come back up to standing, squeezing your glutes as you reach full standing position. 10 x's.

Standing one leg balance (improve balance; quads and glutes): stand tall on right leg, lift left foot slightly off floor and balance, keep hands on hips. Hold 15 sec. repeat other side

Seated leg extensions: (quadriceps): sit tall in a chair, raise right leg straight out to knee height, keeping that thigh level w/the other thigh, squeezing muscles. Hold lifted position 2 seconds. Repeat w/other leg 15 x's each leg.

Toe Raises: Stand, hold onto a chair, desk, etc and rise up on your toes and back on your heels (allowing your toes to come up). This exercise can be accentuated by standing on a step, rising up on your toes and allowing your heels to come below the step. 30 seconds.

ARMS:

Push Ups against the wall, desk, bed, chair, placing hands wide (i.e. greater than shoulder width) on the wall/furniture, bring your chest to the wall and press away for 30 sec. Do another set, placing hands close (i.e. at the underarm area), for 30 sec.

Arm circles, forward and reverse, holding arms laterally out to the side for 30 sec, diagonally in front of you for 30 sec, and straight in front of you for 30 sec. Use small hand weights for a challenge.

Standing side arm lifts: (shoulder muscles...the deltoids): stand or sit. Hold weights in front of body, with palms facing forward and elbows very slightly bent. Lift your arms out to the sides at shoulder height and no higher. Slowly lower arms to sides. 30 seconds.

Tricep Dips, sit on the edge of a sturdy chair, desk, or bed. Place hands next to your hips with palms down and fingers facing forward. Push away from the chair and allow your rear to drop down and then back up. Try not to sit on the chair until you are finished, but if you need to rest a bit, go ahead and sit before doing another dip. Keep your elbows in tight to your body.

ABS:

Planks at desk, wall/ furniture: place hands on desk, arms straight and legs walked away from the desk so your body is at an angle, keeping your back straight and core tight, hold 30 sec.

Standing elbow to knee: (works pelvis, back, obliques, thighs): hold onto chair with right hand, reach left arm straight up, bend left elbow and bring it down to meet right knee as it lifts, squeeze the muscles in your side as you do this. Repeat on other side.

Ab Squeeze, 30 sec while sitting anywhere, think about pulling your navel to your spine.

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