

# WORLD OF WORK

## Free Web-based Session for Early Childhood Professionals

To register visit:  
<https://food.unl.edu/fit-and-healthy-kids>

October 7-7:00-8:00 p.m. CST  
Inspiring Teachers to Strive for  
Excellence in their Approach to  
Curriculum from a New Zealand  
Perspective

November 4-7:00-8:00 p.m. CST  
Feeding without the Fuss

December 2-7:00-8:00 p.m. CST  
Beyond Challenging Behaviors

January 6-7:00-8:00 p.m. CST  
The Importance and  
AWESOMENESS of Nature in  
Early Childhood

February 3-7:00-8:00 p.m. CST  
Mindfulness for Kids - It's that  
Important!

March 2-7:00-8:00 p.m. CST  
Authentic Documentation Using the  
Floor Book

There is an option to register for a recorded version of the session. You will have one week after the recorded session is available to watch the webinar and receive continuing education credits.

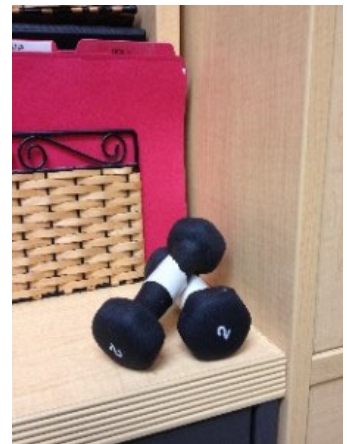
## Fitness Works

Today's information is written by Jamie Goffena, Nebraska Extension Educator, [jgoffena2@unl.edu](mailto:jgoffena2@unl.edu).



Staying fit can be hard when work keeps many people molded to an office chair most of the day. Studies have shown that a sedentary lifestyle can adversely affect health and may shorten life, according to the National Institute of Health. Periodic movement during the day can reduce that risk. Following are suggestions to work healthier:

1. Rather than another jolt of a caffeine drink during breaks, find someone to **walk** with you daily. This helps keep both people accountable and makes break time more enjoyable.
2. Sit on an **exercise ball** at your desk for part of the day. Try to find one that inflates large enough that your thighs are parallel to the floor with knees at a 90 angle when you sit on it (about 18" above the floor). Keeping your balance on a ball uses more muscles than sitting in a chair. Plus it is hard to sit still. It is fun wiggling a bit while you work at a computer.
3. **Stand and move more.** If your work involves on-line conferences or trainings via webinars do stretches and exercises while watching the on-line training. You could walk in place too.
4. Use a **standing desk**. Have a tall table, desk or surface that is at a counter height so you can stand for part of the day working with your laptop. Better yet...
5. Install a **walking desk** above a treadmill or add a shelf so you can walk while using a laptop. It takes some coordination at first but soon becomes easier.
6. Keep **free weights** beside your telephone so you can do arm lifts while talking via speaker phone or headset. Hold the weights at your shoulders and lift straight up to strengthen arms. With your arms lifted straight above your shoulders bend them at the elbows so that your hands and weights touch the back of your shoulders and repeat. This strengthens the underarm. A third exercise for the arms would be bicep curls: holding weights with your arms by your sides



bend your elbows to raise the lower arms up to your shoulders. Do at least 10 repetitions of each lift.

7. **Stretch** while on the job to keep muscles limber, improve circulation and relieve stress. Do shoulder shrugs, along with stretching the neck, arms, hands, back and legs. All major muscles can be stretched easily and quickly. Without straining or bouncing, hold each stretch for 10-15 seconds. Follow along with a video at [https://www.youtube.com/watch?v=FzdUdDVG\\_Ps](https://www.youtube.com/watch?v=FzdUdDVG_Ps).