

How to Exercise Right at Work

EDUCATION & TRAINING

Educators, such as teachers or vocational trainers, are focused on educating the future professionals of tomorrow and may be under pressure to assess, develop and deliver content to their students in a timely manner.

This can be time consuming and at times stressful, and an educator can spend many hours at a computer screen assessing and correcting student submissions. Therefore an approach to wellbeing is vital in the Education & Training sector.



+ COMMON HEALTH RISKS FOR EMPLOYEES

The biggest risks to people working in the education & training sector are:

- Manual handling (e.g. lifting or moving objects, assisting students in special schools and repetitive movements such as typing)
- Stress (e.g. from work pressures)
- Prolonged static postures

? WHY IS EXERCISE SO IMPORTANT?

The benefits of participating in exercise include:

- Maintaining a healthy weight
- Boosting mood and energy levels
- Improving quality of life
- Improving functional capacity and independence
- Improving quality of sleep and stress relief
- Assisting in the prevention and management of a variety of lifestyle related diseases.

EXERCISE RIGHT RECOMMENDS

There are various benefits to exercising throughout the day. It all adds up, and every little bit is better than nothing.

INCREASE YOUR RANGE OF MOVEMENT

Exercise Right recommends varying work tasks to change posture frequently throughout the day. For example:

- Walk to the printer/fax/photocopier/rubbish bin
- Eat your lunch away from your desk
- Walk during your morning tea, lunch and afternoon tea breaks
- Take part in lunch time stretches/exercise sessions
- Complete incidental exercise; for example, park your car further away from your destination.

Aim to incorporate at least 30 minutes of exercise most days of the week.

UTILISE AN ONSITE GYM

Consider an onsite gym (many schools and universities have these), or aim for a 30 minute walk around your school or campus on your lunch break.

EXERCISE BEFORE WORK

Many studies have proven 'early risers' are more inclined to exercise more consistently and increase their benefits of exercise prior to the workday starting. However this does not work for everyone's schedules, and individual preferences vary. A suggestion is to find the perfect time you can commit to exercise each day.