The average person sits 8 hours every day. Sitting has been termed the “new smoking” due to the lack of activity which leads to a number of preventable chronic diseases. But who made the rule that says you have to sit still when you’re on a conference call? A conference call can be a great time to move your body and take a moment for your health.

Get moving with these simple conference call exercises!

**“TEXT NECK SOLUTION”**
**NECK CIRCLES**
About 15 seconds.

**“HOPING FOR A RAISE”**
**ARM RAISES**
Forward to lateral, then lateral to forward – 8-10 reps.

**“PAPER WEIGHT”**
**ARM CIRCLES**
Forward and backward holding paper weights (30 seconds each way).

**“CONFERENCE CALL CURLS”**
8-10 reps – Use paper weight or water bottle sitting at the desk.

**“LONG WEEK”**
**LUNGES**
30 sec each side - use chair for balance.
SNACK SMART!

SMART SNACKS HELP:
Resist overeating at lunch and dinner.
Keeps you energized.

LOOK FOR SNACKS THAT HAVE A COMBINATION OF:
Lean protein, high-fiber carbohydrates and healthy fats.

PERISHABLES:
- Hard-boiled eggs
- Pre-cut fruits and vegetables
- Hummus
- Low-fat yogurt

NONPERISHABLES:
- Natural peanut butter or any nut butter
- Mixed nuts or trail mix (1 oz or ¼ cup serving)
- Reduced-sodium soup
- Low-sodium tuna packets
- Whole-grain crackers
- Reduced-fat cheese sticks
- Ground flax seeds (Add to yogurt)

SET YOURSELF UP FOR SUCCESS AND KEEP THESE SNACKS HANDY IN YOUR OFFICE:

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- High-fiber carbohydrates
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