Get a (work)day's worth of exercise

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Categories: Impact, Netwellness

Q. Since the weather is starting to get nice again, my colleagues and I were interested in starting an exercise program during our lunch break. What are some suggestions for physical fitness that can fit in a half hour? We would like to try to have some variety, so we don't get bored.

A. One of the best ways to get out and enjoy the nice weather, get some exercise, and bond with your co-workers is to form a walking group at lunch.

Start by using a pedometer to map out 2,000-step routes around your workplace. Map out several alternate routes to allow for variety and decrease boredom. Ideally, all walking group participants could benefit from the use of a pedometer. All participants need to walk in appropriate, supportive shoes, such as walking or athletic shoes.

Be sure to start off slowly to warm-up. After 15 to 20 minutes of walking it’s a good idea to check your level of intensity. Three methods to measure exercise intensity include:

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