

Getting in Shape on the Job

It's not always easy to schedule focused fitness time. The good news is that little moves and stolen moments throughout the day can add up—even at work. With these stealth fitness tips, coffee breaks and work tasks can become steps on your weight-loss journey. Plus, the active time will help you release stress and find new energy.

“Your dedication to a new and slimmer you shouldn’t go off the clock when you punch in at work. By making some small changes and adding a few new activities to your workday, you can keep stoking your inner fire to help tone muscles and keep weight off,” says Diane Sutton, fitness and wellness coordinator at Central Baptist Hospital in Lexington, Kentucky. Getting active also brings the added benefits of stress relief and renewed energy. And all that just may help you be a better worker, no matter what your job.

Here, Sutton dishes five tips that have helped her clients who have had LAP-BAND[®] System surgery work off weight and improve fitness on the job:

Take a stretch break. Added flexibility will help you feel better, and stretching can help bust your workday stress—and it takes only a couple of minutes. While sitting upright at your desk, drop your ear toward your shoulder, hold about 10 seconds, then roll your head forward, bringing your chin to your chest, and hold. Roll your head to your other shoulder; hold 10 seconds. Sit upright, pull one arm across your chest, and hold for 20 seconds; repeat with the other arm.

Go mobile, often. In addition to walking a half hour during your lunch if possible, you should get up at least once every two hours for a quick five-minute stroll. Instead of sending an e-mail, walk to a co-worker. Refill your water bottle. Or visit the bathroom that’s farthest from your desk. If there’s a staircase along the way, take it, popping up and down a floor. When you add even a little more movement to your day, it’ll increase stamina and endurance. And it may help if you...

Strap on a pedometer. Being conscious of how many steps you take can make it easy to set a goal of walking more during the course of a workday. Many pedometers cost less than \$20. Wear one for about three days to gauge your average number of steps—you’ll hardly notice it clipped to your belt. Then gradually add steps to that number, eventually working your way up to 10,000 steps a day. You can even pair up with a friend for a fun challenge.

Swap your chair. Okay, this one won’t work for every situation. But, if possible, bring in a stability ball and spend at least an hour a day sitting and working on the ball instead of your chair. As you balance on the ball,



you'll work your abdominal muscles and improve your posture as well. If this seems too attention-grabbing to actually do at work, try ball sitting at home while watching television or working in your home office.

Stash easy equipment. Resistance bands can easily be brought to work for quick workouts. Sutton likes these three exercises:

1. While seated, put the middle of a band under the arch of your foot, then straighten your leg while pointing your toe to the ceiling, and hold for about 20 seconds. Repeat with other leg. Do about five reps.
2. Sit in your chair and slide the middle of the band under your foot. Hold one end tight, and with the other end do 10 biceps curls. Repeat with other arm.
3. Wrap the middle of a band around a doorknob and stand far enough away so the band just begins to provide resistance with your arms outstretched. Then, pull your elbows back to where they're bent about 90 degrees. Do 10 reps.

Whatever activity you work into your day (at work or home), [track it online](#). Soon you'll see how every little bit adds up!

Be sure to consult with your doctor before starting an exercise plan.

IMPORTANT LAP-BAND[®] SYSTEM SAFETY INFORMATION

Indications: The LAP-BAND[®] System is indicated for use in weight reduction for severely obese patients with a Body Mass Index (BMI) of at least 40 or a BMI of at least 35 with one or more severe comorbid conditions, or those who are 100 lbs. or more over their estimated ideal weight.

Contraindications: The LAP-BAND[®] System is not recommended for non-adult patients, patients with conditions that may make them poor surgical candidates or increase the risk of poor results (e.g., inflammatory or cardiopulmonary diseases, GI conditions, symptoms or family history of autoimmune disease, cirrhosis), who are unwilling or unable to comply with the required dietary restrictions, who have alcohol or drug addictions, or who currently are or may be pregnant.

Warnings: The LAP-BAND[®] System is a long-term implant. Explant and replacement surgery may be required. Patients who become pregnant or severely ill, or who require more extensive nutrition may require deflation of their bands.

Anti-inflammatory agents, such as aspirin, should be used with caution and may contribute to an increased risk of band erosion.

Adverse Events: Placement of the LAP-BAND[®] System is major surgery and, as with any surgery, death can occur. Possible complications include the risks associated with the medications and methods used during surgery, the risks associated with any surgical procedure, and the patient's ability to tolerate a foreign object implanted in the body.

Band slippage, erosion and deflation, reflux, obstruction of the stomach, dilation of the esophagus, infection, or nausea and vomiting may occur. Reoperation may be required.

Rapid weight loss may result in complications that may require additional surgery. Deflation of the band may alleviate excessively rapid weight loss or esophageal dilation.

Important: For full safety information please visit www.Lapband.com, talk with your doctor, or call Allergan Product Support at 1-800-624-4261.

CAUTION: Rx only.