

Team  Lean  
2019



**“Lose It To Win It”  
Weekly Success Tip**

**Week 7**





**Try multi-tasking:**  
Our exercise leader did side lunges while conducting a phone interview.

## A workout at work?

**WE ALL NEED TO GET UP AND MOVE, BUT WHAT CAN WE DO?** In the spirit of public service (and because our boss made us), The Post's infographics department tested exercises in and around our cubicles twice a day for a week to see which ones real people could incorporate into a workday. The moves were suggested by experts whose jobs involve studying motion, preventing obesity and generally getting people off their duffs. We rejected a few immediately – jumping jacks? Not in this bra! – but chose these 12. Our observations aren't scientific, but they're definitely real. **By Bonnie Berkowitz and Laura Stanton**

|                     | NOT TOO |   |   | VERY |   |   |
|---------------------|---------|---|---|------|---|---|
| <b>Difficult?</b>   | 1       | 2 | 3 | 1    | 2 | 3 |
| <b>Sweaty?</b>      | 1       | 2 | 3 | 1    | 2 | 3 |
| <b>Humiliating?</b> | 1       | 2 | 3 | 1    | 2 | 3 |

**1 RAISE THE ROOF (20 reps)**  
While marching in place, push toward the ceiling with your palms up and thumbs almost touching your shoulders. Make it harder by holding books or water bottles.

**Pro:** One person found it "comforting" to dust off a 1990s dance move.  
**Con:** Brief moment of panic while you try to remember if you shaved your armpits.

|   |   |   |
|---|---|---|
| 1 | 2 | 3 |
| 1 | 2 | 3 |
| 1 | 2 | 3 |

**2 TRICEPS KICK (20 reps)**  
While marching in place, bend at the hips, about 45 degrees. Bend your elbows, then extend them behind you as if you are lifting weights.

**Pro:** Loosens your upper body.  
**Con:** Awkward-looking. Several people accidentally whacked things behind them.

|   |   |   |
|---|---|---|
| 1 | 2 | 3 |
| 1 | 2 | 3 |
| 1 | 2 | 3 |

**3 THE HULK (20 reps)**  
Keep marching and leaning. With your elbows bent and fists together in front, move your arms back like wings. Try to touch your shoulder blades together.

**Pro:** Some people make funny sound effects.  
**Con:** Draws attention to the chest area.

|   |   |   |
|---|---|---|
| 1 | 2 | 3 |
| 1 | 2 | 3 |
| 1 | 2 | 3 |

**4 HAMSTRING CURL (20 reps)**  
Bend arms at the elbow. Bring one foot up toward your rear end while straightening your arms so that your hands are down when your foot is up.

**Pro:** Not terribly noticeable.  
**Con:** Requires caution to avoid kicking things behind you.

|   |   |   |
|---|---|---|
| 1 | 2 | 3 |
| 1 | 2 | 3 |
| 1 | 2 | 3 |

**5 KNEE LIFT (20 reps)**  
Just like hamstring curls, except you lift your knee up in front as your arms go down.

**Pro:** Wakes up the hip flexors and quadriceps.  
**Con:** Requires extra concentration and coordination.

*Wardrobe warning: Impossible in a tight skirt; ill-advised in a short skirt.*

|   |   |   |
|---|---|---|
| 1 | 2 | 3 |
| 1 | 2 | 3 |
| 1 | 2 | 3 |

**6 HALLELUJAH (20 reps)**  
Sweep arms above your head and down again as you step side-to-side. Actually yelling "Hallelujah!" is optional.

**Pro:** Made us smile. Lends a flash-mob feel to even the least coordinated group.  
**Con:** Not the slightest bit subtle.

*Wardrobe warning: Hemlines will rise on both skirts and shirts.*

|   |   |   |
|---|---|---|
| 1 | 2 | 3 |
| 1 | 2 | 3 |
| 1 | 2 | 3 |

**7 PUNCHING (20 reps)**  
While rocking foot to foot, punch with alternating arms. To reduce elbow stress, try not to fully straighten your arm.

**Pro:** Cathartic; an outlet for aggression.  
**Con:** Most workplaces do not allow you to actually hit anyone.

|   |   |   |
|---|---|---|
| 1 | 2 | 3 |
| 1 | 2 | 3 |
| 1 | 2 | 3 |

**8 DESK PUSHUP (10 reps)**  
Place hands on edge of desk, shoulder width apart, legs out behind you. Push off with as much force as you can.

**Pro:** Not noticeable from across the room. Tough, in a good way.  
**Con:** First, make sure your desk doesn't slide easily.

|   |   |   |
|---|---|---|
| 1 | 2 | 3 |
| 1 | 2 | 3 |
| 1 | 2 | 3 |

**9 SIDE LUNGE (10 per side)**  
Take a big step to one side. Point toes forward and bend one knee, keeping other leg straight. Push back up.

**Pro:** Doesn't attract much attention.  
**Con:** Can be hard on knees.

*Wardrobe warning: Difficult (and risky) in pencil skirts, tight pants and heels.*

|   |   |   |
|---|---|---|
| 1 | 2 | 3 |
| 1 | 2 | 3 |
| 1 | 2 | 3 |

**10 JUMP SQUATS (10)**  
Make sure you have space in front of you. Bend into a half-squat with your arms behind you, then jump and swing your arms up as if you're celebrating.

**Pro:** Best calorie-burner of the moves we tried.  
**Con:** Tall people (or high-hopping short people) will hit eight-foot ceilings.

*Wardrobe warning: Major risk of exposure in a billowy skirt or untucked shirt.*

|   |   |   |
|---|---|---|
| 1 | 2 | 3 |
| 1 | 2 | 3 |
| 1 | 2 | 3 |

**11 CHAIR DIPS (10)**  
With your legs out in front of you, grab the edge of a chair (or desk) and lift yourself down in front of it and back up. At the end, you will be conveniently back in your seat.

**Pro:** The most discreet of the bunch. Really works triceps.  
**Con:** Can bother wrists. Be careful if your chair has wheels!

|   |   |   |
|---|---|---|
| 1 | 2 | 3 |
| 1 | 2 | 3 |
| 1 | 2 | 3 |

**12 WALK (10 min.)**  
Lap your block or a floor of your office. Try for a pace of 100 steps per minute, which is easy if you don't stop to play with tchotchkes on other people's desks.

**Pro:** No one will notice. Great excuse for a stroll to Starbucks.  
**Con:** Indoor laps get old; outside, you're at the mercy of the weather. Takes more time than a few quick moves at your desk.

|   |   |   |
|---|---|---|
| 1 | 2 | 3 |
| 1 | 2 | 3 |
| 1 | 2 | 3 |



## Smart Snacking for Adults and Teens

Make snacks work for you by choosing nutrient-rich foods from the grains, fruit, vegetable, dairy and protein food groups. Snacks can boost your energy between meals and supply essential vitamins and minerals. There is a place for snacks in a healthy eating plan. Just choose wisely:

- Think of snacks as mini-meals that contribute nutrient-rich foods. You can fit snack calories into your personal healthy eating plan without over-spending your day's calorie budget.
- Snack only when you're hungry. Skip the urge to nibble when you're bored, frustrated or stressed. Feed the urge to do something by walking the dog or working in the garden.
- Keep portion control in mind. Have a single-serve container of yogurt or put a small serving of nuts in a bowl. Eating directly from a multiple-serving package can lead to overeating.
- Plan snacks ahead of time. Keep a variety of nutritious ready-to-eat supplies on hand, such as whole-grain crackers and low-fat cheese.



Get creative with the following snack suggestions by swapping out different fruits, vegetables and grains to keep your snacking exciting!

### Snacks with 200 calories or less:

- One tablespoon peanut butter spread on slices of a medium apple
- One cup tomato soup with five whole-grain crackers
- Three cups air-popped popcorn sprinkled with three tablespoons grated parmesan cheese



- Tri-color veggie snack: 6 baby carrots, 10 sugar snap peas (or green pepper strips), 6 cherry tomatoes and 2 tablespoons reduced-fat ranch dressing for dipping
- Small baked potato topped with salsa and 1 ounce low-fat cheese
- Toaster waffle topped with ½ cup blueberries and 2 tablespoons low-fat yogurt
- Six whole-wheat crackers and one slice low-fat Colby cheese
- Fruit smoothie: Blend 1 cup fat-free milk, ½ cup frozen strawberries and ½ banana
- One 6-inch flour tortilla with ¼ cup black beans and 2 tablespoons fresh salsa
- Quick-to-fix salad: 2 cups mixed greens with ½ cup mandarin oranges, 1 tablespoon sliced almonds and 2 tablespoons reduced-fat dressing
- Mini-sandwich: Whole-grain dinner roll with 1 slice deli turkey, 1 slice low-fat cheese and mustard
- One 4-ounce fat-free, ready-to-eat vanilla pudding with ½ cup fresh fruit and 5 vanilla wafers
- Veggie pizzas: Split whole wheat English muffin. Top with 2 tablespoons low-fat cream cheese, ½ cup diced fresh veggies and one ounce low-fat mozzarella cheese
- Cinnamon-raisin mini-bagel spread with one tablespoon peanut butter
- Hot chocolate made with low-fat or fat-free milk and a small oatmeal cookie
- Whole-grain toaster waffle with 1 ½ tablespoons chocolate-flavored hazelnut spread
- Banana split: banana sliced length-wise topped with ½ cup frozen yogurt and a tablespoon of chopped nuts

For more healthy eating tips, visit [www.eatright.org](http://www.eatright.org).

### **Snacks with 200 to 300 calories for active adults, teens and athletes:**

- Refuel between meals or after a work-out with these higher-calorie snacks. Watch serving sizes to stay within the range of 200 to 300 calories.
- Whole wheat pita cut into wedges with 2 tablespoons hummus for a dip
- Yogurt parfait: Layer 6 ounces fat-free yogurt, ½ cup berries and ¼ cup granola
- Trail mix: Mix 20 almonds, miniature box of raisins, and ¼ cup sunflower seeds
- Instant oatmeal made with fat-free milk with 1 tablespoon honey, ½ cup sliced peaches and dash of cinnamon