Getting Active at Work!

Core Strength Exercises

Using physical activity to prevent slips, trips and falls at work

**RESOURCE PACKAGE**

**WHAT’S IN IT:**

1. Introduction Sheet
2. Pre & Post Test — Balance
3. Pre & Post Test — Physical Activity
4. Core Strengthening Exercise Sheet
5. Poster
6. Resource Page

**PROMOTE & SHARE @:**

- Wall Walks
- Huddles
- Staff Meetings
- Communication Binders
- Staff break rooms
- New staff materials

This is a healthy workplace and in motion initiative on behalf of the SHR and the University of Saskatchewan College of Nursing that incorporates physical activity into the workplace setting...

...a healthy workplace initiative
Purpose: increase physical activity in the workplace to improve core strength and balance for Saskatoon Health Region (SHR) Employees.

If we know that:

♦ The Canadian Physical Activity Guidelines recommend muscle and bone strengthening activities using major muscle groups at least 2 days per week (Canadian Society of Exercise Physiology, 2013).

♦ SHR employees are getting less physical activity than they think they are (Preliminary Data, Healthy Workplace Evaluation, 2013).

♦ Slips/trips/falls are the highest workplace incident occurrence in the top two ranks across all SHR service lines from 2011-2013. The majority of the slips/trips/falls are due to environmental factors like slips on ice, wet surfaces, etc; however, increasing core strength can reduce the risk (OH&S Data, 2011-2013).

♦ The research supports that core strengthening programs result in participants having increased core strength and balance (Sandrey & Mitzel, 2013).

Then we can take action:

This resource is meant to increase core strength and balance through a workplace workout to help meet adult physical activity guidelines. It also can improve balance to assist with reactions times in the event that you may slip, trip, or fall.

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Before using this resource, refer to the Canadian Society of Exercise Physiologists PAR-Q form at [http://www.csep.ca/CMFiles/publications/parq/par-q.pdf](http://www.csep.ca/CMFiles/publications/parq/par-q.pdf)

When can we use this?

- In the workplace for employees and employers
- Sitting (charting, meetings, computer work)
- Breaks (coffee and lunch break in staffroom/break room, action breaks for meetings)
- Throughout your workday (set calendar alerts, use cues as reminders)
Does Your Balance Need Work?
Getting Active at Work: Core Strength Exercises

Balance

- The research supports that core strengthening programs result in participants having increased core strength and balance (Sandrey & Mitzel, 2013).

Measuring Balance

- Test: time yourself standing on one leg, repeat for other leg
- Goal for balance
  = stand on one leg for 1 minute without touching other foot to floor
- Challenge tests for balance (do above while):
  a. closing your eyes
  b. swinging leg back and forth like kicking a ball
  c. swinging leg side to side
  d. while doing other activities such as brushing your teeth

<table>
<thead>
<tr>
<th>Balance Rank</th>
<th>Test</th>
<th>Recommendation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fall Risk</td>
<td>&lt;30 sec</td>
<td>Balance exercises</td>
</tr>
<tr>
<td>Needs Work</td>
<td>&lt;1 min</td>
<td>Balance exercises</td>
</tr>
<tr>
<td>Average</td>
<td>&gt;1 min</td>
<td>Maintenance balance exercise</td>
</tr>
<tr>
<td>Advanced</td>
<td>&gt;1 min while doing another activity</td>
<td>Continue challenging yourself with balance exercises</td>
</tr>
</tbody>
</table>

Use this as a pre- & post- test check!
These tests are estimates. For more accurate measurements, see a health professional.

Use the “Getting Active at Work: Core Strength Exercises” sheet to help improve your balance and stability.

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Are You Staying Strong?

Getting Active at Work: Core Strength Exercises

Strengthening Physical Activity Guidelines

- The Canadian Physical Activity Guidelines for adults recommends muscle and bone strengthening activities using major muscle groups at least 2 days per week.
- Strengthening activities include: exercises that require you to lift or push weights, or use your own body weight.
- Major muscle groups include: back, chest, abdomen, arms, upper and lower legs.
- Bone and Muscle Strengthening Benefits:
  a. Keeps muscles and bones strong
  b. Reduces fall and injury risk
  c. Builds strength and improves balance

Boosting Your Strength!

- Weights and Repetitions
  a. The weight you choose depends on how much you can lift while still being able to complete 10-15 repetitions.
  b. It should be difficult to perform those 10-15 repetitions.
  c. If they are not, need to increase the resistance.
- Another way to include muscle strengthening of your core or abdominal muscles is by using the Getting Active at Work: Core Strengthening Exercises.

Use this as a pre- & post- test check!
For more a personalized workout, see a certified fitness professional.

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Use the “Getting Active at Work: Core Strength Exercises” sheet to help improve your balance and stability
Getting Active at Work:
Core Strength Exercises

Laughter is a great core exercise!!

1 - Front Plank/Side Plank

Front Plank:
Position: lean against desk/wall on an angle in the pushup position, maintain correct posture
Action: hold this position for 30 seconds
Repetitions: repeat 3 times for each side
Added Difficulty: steeper angle, do pushups while holding this position
Side Plank: same as above, but lean sideways

2 - Sit to Stand

Position: stand between desk and chair, keep feet shoulder-width distance or wider, knees shouldn’t pass toes but remain positioned over ankles when sitting and standing, keep back straight
Action: tighten abs, hold onto front desk then lower down slowly until almost sitting on back chair, pause, stand back up keeping weight in heels
Added Difficulty: don’t hold onto front desk

3 - Trunk Stabilizer

Position: sit on edge of chair with hands on thighs, maintain correct posture
Action: lean back at 45-degree angle, pause, then sit back up without using hands
Added Difficulty: slowly raise one thigh off the chair while leaning back, put thigh back down, sit up, repeat, alternate legs each time

4 - Torso Twist

Position: sit on edge of chair with correct posture
Action: tighten abs, rotate torso and touch chair beside right hip with both hands, pause, repeat to the left
Added Difficulty: complete trunk stabilizer while doing above

5 - Leg Lift

Position: sit in chair with correct posture, maintain a 90-degree bend in the knee when lifting leg
Action: tighten abs, lift one foot off the floor six inches so the knee comes straight up with the foot directly underneath (90 degree angle), hold for 10 seconds, then slowly lower foot while relaxing abs, repeat with opposite leg
Added Difficulty: place hands behind head and turn upper body toward lifted leg, or lift both knees to chest then lower them down

6 - Leg Extension

Position: sit in chair with hands on thighs, use correct posture
Action: tighten abs, fully extend both legs, pause, lower both legs, relax abs
Added Difficulty: lean back at 45-degree angle while doing above

To increase difficulty: add weights (sand-filled pop bottles, textbooks), increase repetitions, increase sets, or increase length of time doing exercise.

www.saskatoonhealthregion.ca

Maintain Correct Posture:
shoulders back, spine straight, and feet flat on floor with ears, shoulders, and hips in line.

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Getting Active at Work!

Core Strength Exercises

Using **physical activity** to prevent slips, trips and falls at work

**Benefits of physical activity**

- Improves balance
- Reduces risk of slips/trips/falls
- Helps manage or maintain a healthy weight
- Increases muscular, bone, and joint strength
- Reduces stress and anxiety
- Increases energy levels

**Other things you can do to prevent slips/trips/falls**

- Appropriate footwear (non-slip grip, ice trekkers, pole trekkers)
- Correct posture (ears, shoulders, and hips should be in line)
- Daily stretching
- Exercise (stand when possible, take the stairs, take walks on break)
- Change your environment (standing desks, kin balls, reduce sedentary time)
- Universal falls prevention (**SAFE**: Safe environment, **Assist** with mobility, **Falls risk reduction**, **Engage** patient/resident/client/family)

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“Getting Active at Work: Core Strength Exercises “ resource package can be found on:


2. SHR Healthy Workplace *Infonet*

**OTHER SOURCES OF RELEVANT INFORMATION**

**Saskatoon Health Region**

- [Fall Reduction and Injury Prevention](https://www.shrinfonet.ca) (on SHR Infonet)
  - Various resources such as “The Ideal Shoe”, “Winter Safety” and more
- [Fall Reduction and Injury Prevention](https://www.shrguest.com) (on SHR Guest(External Website))
- [Staying On Your Feet Exercises](https://www.shrinfonet.ca)
- [Preventing Falls through Physical Activity](https://www.shrinfonet.ca)

**SHR Healthy Workplace** (internal Infonet)

- [Yoga in Workplace Sitting](https://www.shrinfonet.ca)
- [Yoga in Workplace Standing](https://www.shrinfonet.ca)
- [15-minute workout at your desk](https://www.shrinfonet.ca)
- [SHR Fitness Centres](https://www.shrinfonet.ca) (SHR employees only)
- [SHR Open Gym](https://www.shrinfonet.ca) (SHR employees only)

**in motion**

- [Get Fit Where you Sit](https://www.in-motion.ca)
  - Adults and Workplaces *Links*

**Forever in motion**

- [Forever in motion](https://www.in-motion.ca)
  - *Brochure & Guide*

**Related Resources**

- [Ab Workout in Chair with video](https://www.in-motion.ca)
- [Don’t Just Sit There](https://www.in-motion.ca)
- [Positive Steps Handbook – Fall Prevention and Exercise Program](https://www.in-motion.ca)

Free Phone Apps: Pilates Core, Ab Workout, Ab Workouts, Simply Yoga, Ab Fitness