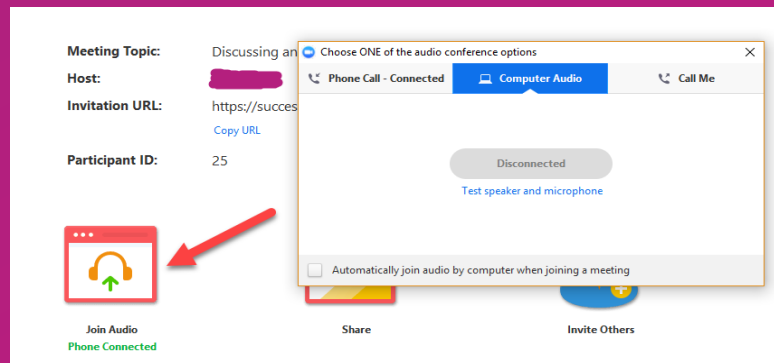




Welcome to Health Net's Monthly Wellness Webinar

Participants are muted upon entering the webinar to avoid background noise; the presentation will begin promptly at 12:00 PM PST.

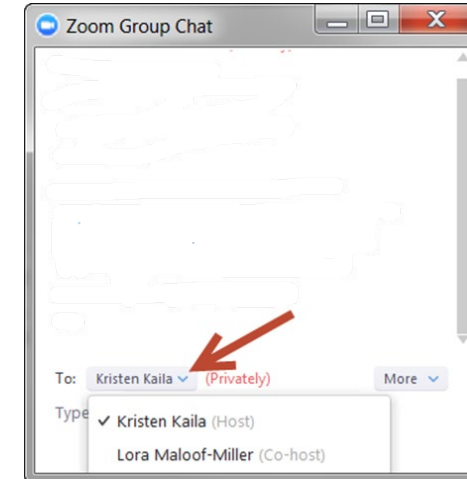
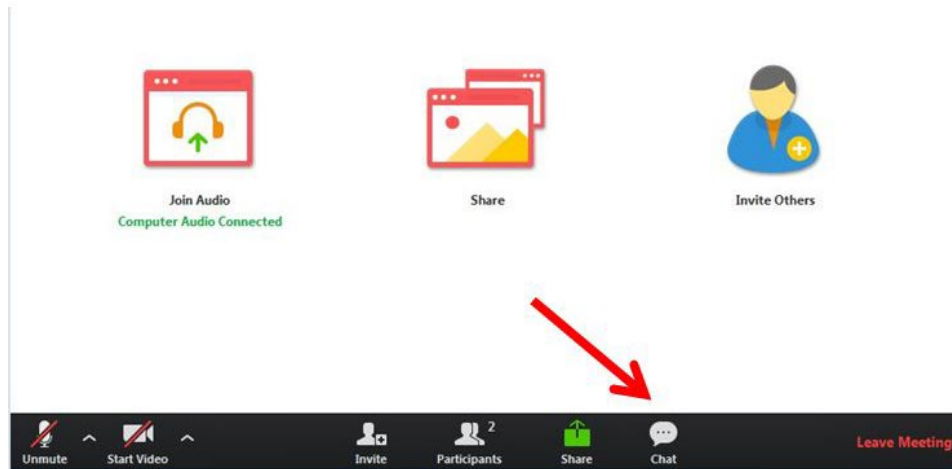
If you wish to change your audio setting: click on the "Join Audio" icon shown on the picture with the arrow. A pop-up box will appear with audio options. Please select your preferred audio option and check the box to set your default selection.



Call-in number for audio: 1-669-444-9171

Conference Code: 985 1550 3357

Chat Function



Disclaimer

The information provided in this presentation is intended solely for the general information of the audience. It is not medical advice and shall not replace consultation with your physician or other qualified health provider. If you have any health-related questions or problems, please seek the advice of your physician or other qualified health provider.

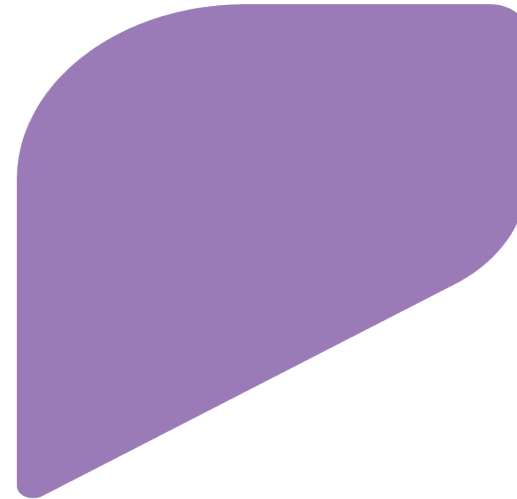


Micro Workouts

Presented by
John Muir Health

Las dispositivas están disponibles en español si las solicita.

The content in this presentation is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.



Class Agenda

I. Learn the health benefits of micro workouts

II. Cover basic templates for a micro workout

III. Understand the advantages and disadvantages

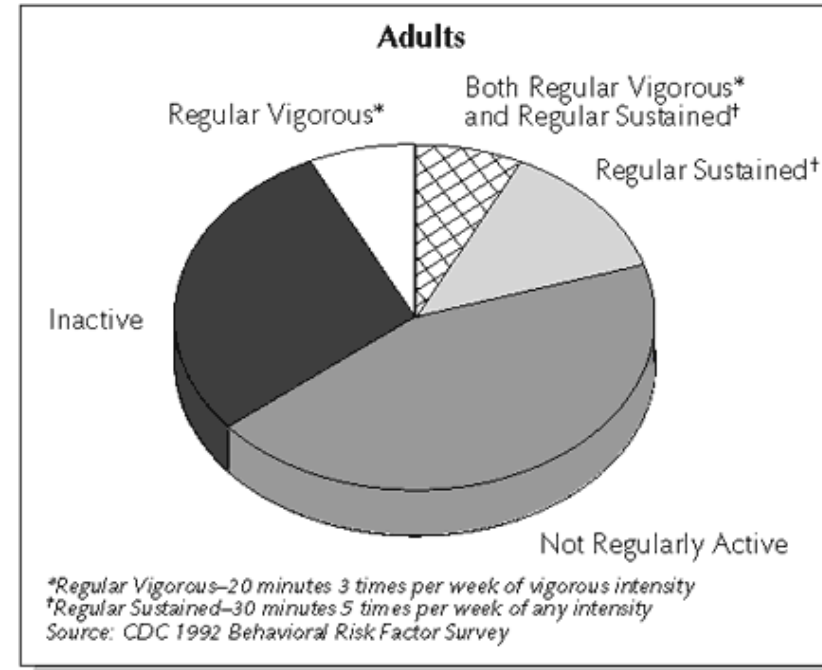
IV. Review body weight strengthening exercises

V. Review resisted strengthening exercises

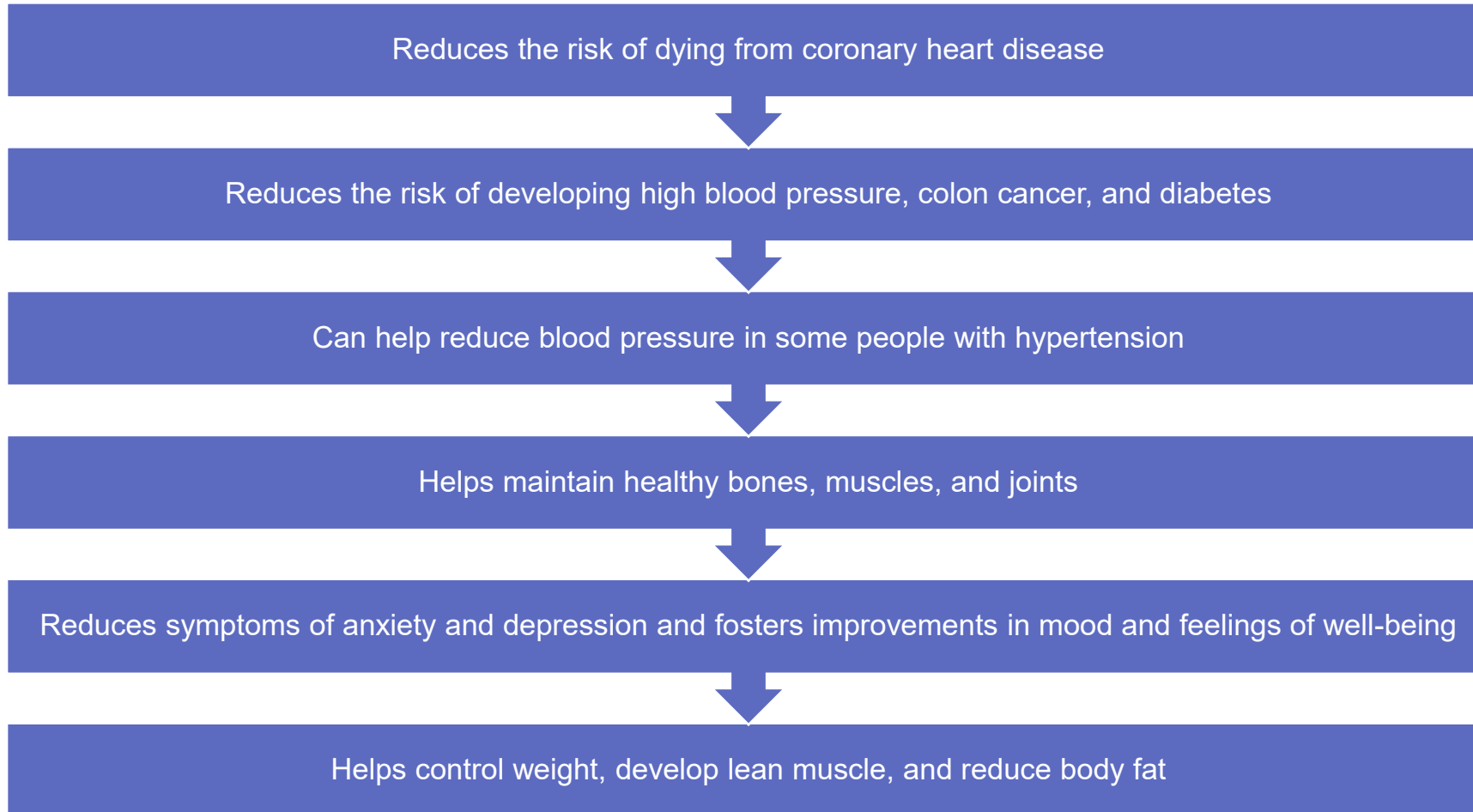
The Unfortunate Reality . . .

More than 60 percent of U.S. adults do not engage in the recommended amount of activity.

Approximately 25 percent of U.S. adults are not active at all.



Benefits of Exercise



Benefits of Exercise

In a sample of young adults, more frequent vigorous- and moderate-intensity PA rather than walking (considered low to moderate intensity) was associated with better cognitive and mental health measures.



The present study speaks to the value of moderate- to vigorous- rather than low-intensity PA in enhancing cognitive functions and mental health.

Benefits of Exercise

1 to 2 days per week

At least 10 minutes

Form Still Counts,
Even with Shorter
Workouts

The study speaks to the value of moderate to vigorous rather than low intensity PA in enhancing cognitive functions and mental health, particularly to coping with challenging situations



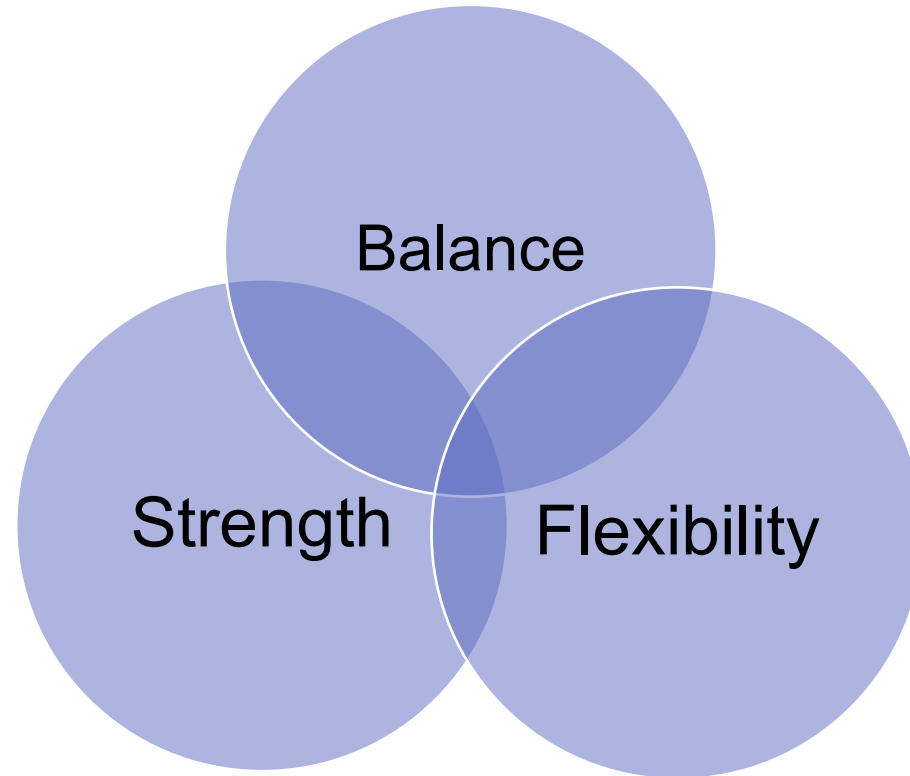
Benefits of Exercise



Benefits of Exercise



Structure Your Workouts



Micro Workout Templates

Simple Goals	5 Minute Exercise Burst or Circuit Training
Upper Trapezius Stretch 30-60 seconds Every hour	10 Cat/Cows 10 Open Books
Pull Ups 6-10 reps Once a day	10 Arnold Press 10 Push Ups 15 Straight Leg Raise
Planks 30-60 seconds 3 times a day	15 Split Squats 10 Single Leg RDL 10 Bird Dogs

*30 to 45 seconds intervals equals about a 4 to 6 minutes.

Micro Workout Templates

Moderate Intensity	High Intensity
10 Cat/Cows (Seated) 10 Open Books (Side-lying)	10 Cat/Cows (Quadruped) 10 Open Books (1/2 Kneeling)
10 Arnold Press (Seated) 10 Push Ups (Knees) 15 Straight Leg Raises (Hook-lying)	10 Arnold Press (Tall Kneeling) 10 Push Ups 15 Straight Leg Raise (Long Sit)
15 Squats 10 Romanian Dead Lift (RDL) 10 Dead Bugs	15 Split Squats 10 Single Leg RDL 10 Bird Dogs

*30 to 45 seconds intervals equals about a 4 to 6 minutes.

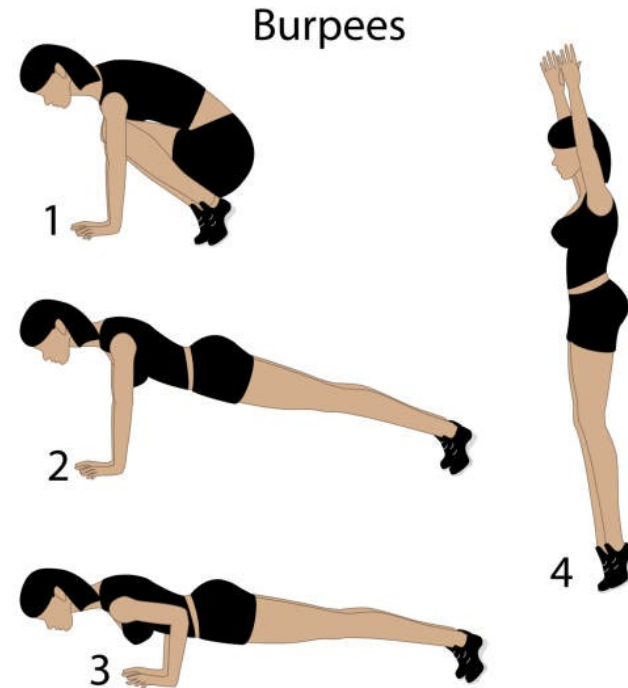
Micro Workout Templates

Calisthenics	Resisted (Bands, Dumbbells, & Kettlebells)
10 Cat/Cows (Quadruped) 10 Open Books (1/2 Kneeling)	10 Cat/Cows (Quadruped) 10 Open Books (1/2 Kneeling)
10 Arnold Press 10 Push Ups 15 Straight Leg Raises	10 Arnold Press with 10 lbs 10 Chest Press with 20 lbs 20 Terminal Knee Extension with band
15 Squats 10 Romanian Dead Lift (RDL) 10 Dead Bugs	10 Split Squats with 20 lbs kettlebell 10 Single Leg RDL with 10 lbs 10 Bird Dog with Row

*30 to 45 seconds intervals equals about a 4 to 6 minutes.

Aerobic Exercise: Cardio & High Intensity Interval Training

- Walking During Lunch
- Jumping Jacks
- Jogging in Place
- Swimming
- Jumping Rope
- Mountain Climbers
- Rowing Machine
- Boxing
- Burpees



The Advantages Of Micro Workouts

- Time-saving. Workouts can be done in seconds or in as little time as 5 to 20 minutes.
- Minimal space and equipment. They can be done at home or in the park.
- Money-saving as these can be done without a gym membership, coach, trainer, or class instructor.
- Quicker recovery time.



The Disadvantages Of Micro Workouts



- It may take some time to adapt and change your mindset on how to approach fitness.
- One may need guidance for proper form or progression if one is not familiar with training.
- Often these workouts are done solo. So there is less of a socialization component.

Exercises: Arnold Press



Image: HEP2GO

Hold weights at upper chest height with palms towards you, then move weights in an arc of motion to the side and raise them overhead as you twist your forearms so that your palms face forward. Lower back down to starting position through the same side arc and as you twist your forearms so that your palms face you again. Repeat.

Exercises: Push Up

Images: HEP2GO



Keep your knees in contact with the floor and maintain a straight back the entire time.

Keep your toes in contact with the floor and maintain a straight back the entire time.

Exercises: Straight Leg Raise

Image: HEP2GO



While lying on your back or long sit position, raise up your leg with a straight knee. Keep the opposite knee bent with the foot planted on the ground.

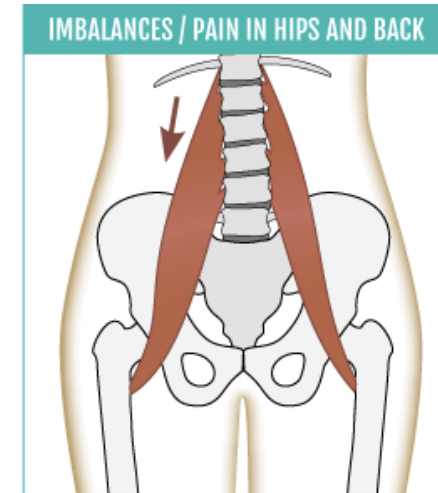
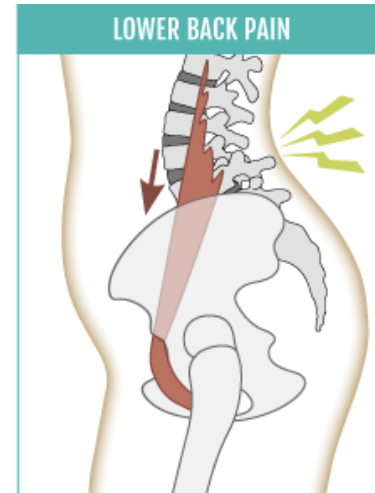


Image: Sequence Whiz

Exercises: Reverse Lunge/Split Squat

Start by standing with feet shoulder-width-apart holding a dumbbell in one hand.

Next, take a step back and allow your front knee to bend into a lunge position. Your back knee may bend as well. Then, push up mostly from the front knee with pressure directed through the heel and return to starting position. Then perform again on the same leg.

Keep your pelvis level and straight the entire time.



Image: HEP2GO

Exercises: Reverse Lunge/Split Squat

Your front knee should bend in line with the 2nd toe and not pass the front of the foot. This modification reduce strain put on the knee cap.

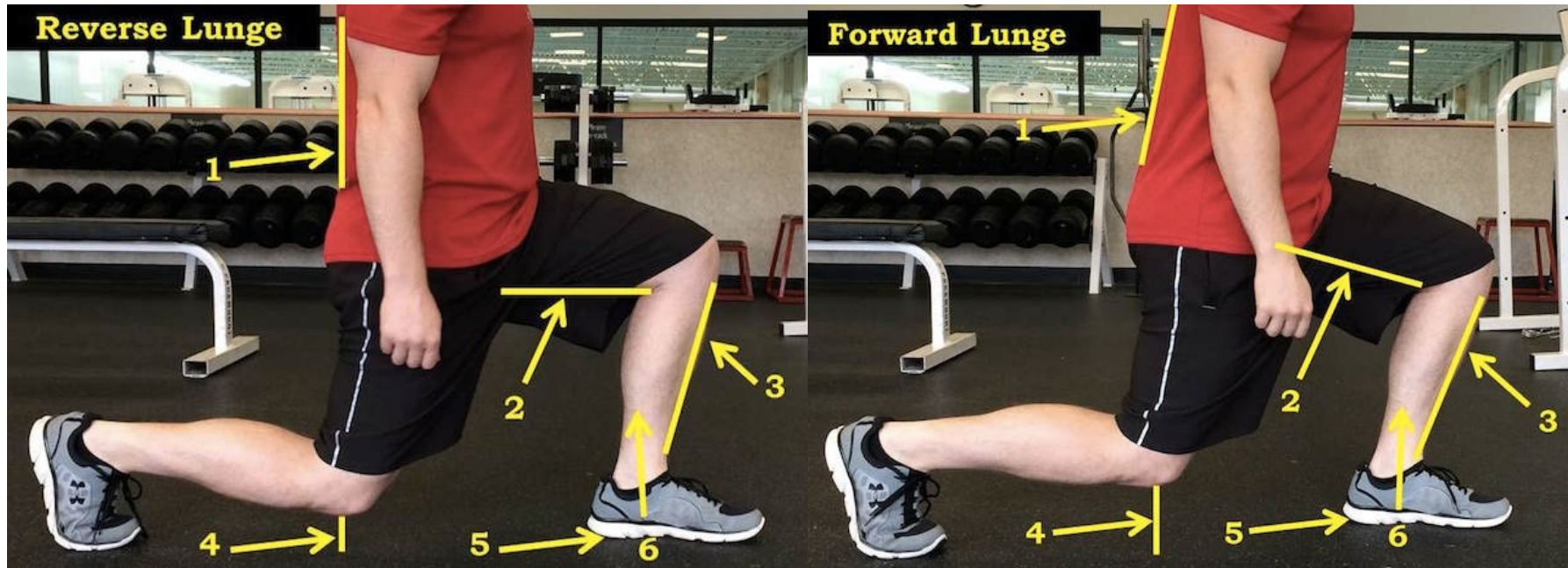


Image: Stack

Exercises: Squats



Image: HEP2GO

Stand with feet shoulder width apart and toes pointed forward to slightly turned out. Bend knees and lower buttock towards floor keeping your back straight and bending at your hips. Allow your arms to raise up forward as you lower down and then return arms to side as you straight back up.

Your buttock should lower behind your feet as if you are going to sit on a chair. Emphasize your weight going through your heels.

For good knee alignment, do not let your knees pass in front of your toes and keep your knee in line with your 2nd toe (next to the big toe) as it bends.

Exercises: Squats

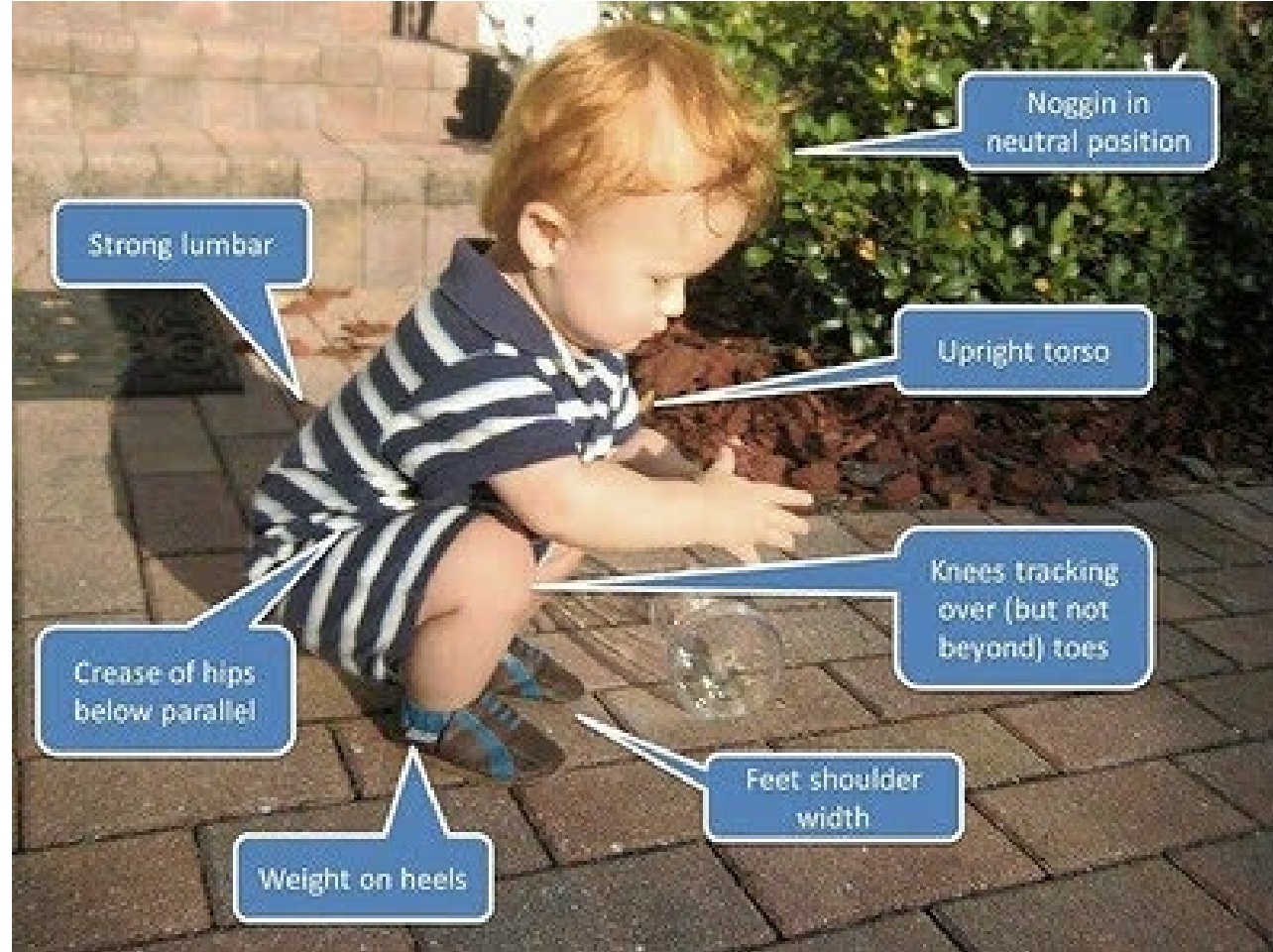


Image: Elite FTS

Exercises: Romanian Dead Lifts (RDL)

Begin by standing tall with feet shoulder width apart and knees unlocked.

Proceed into a hip hinging motion sitting hips back while maintaining natural extension of back. Engage your core and lock your shoulder blades down and back.

Extend upwards through your hips, using your hamstrings and glutes, spine in neutral the whole movement.

Tip: Try not to bend knees to get depth, Try to keep hips square. Finish tall with glutes, but do not throw hips forward at top.



Image: Popsugar

Exercises: Single Leg RDL



Image: Mobile Physical Therapy

Begin standing on one leg with a kettle bell or dumbbell in the opposite hand.

Engage your core and slightly bend your knee. Slowly pivot your trunk towards the floor from your hip while maintaining a neutral spine. Do not actively bend your knee. Once you reach the floor slowly return to the starting position and repeat as prescribed.

Exercises: Single Leg RDL Variations



Image: Boxlife and Set For Set

Bad Balance

- Supported
- Resistance on same side
- Resistance on both sides



Exercises: Dead Bug

While lying on your back with your knees and hips bent to 90 degrees, use your stomach muscles and maintain pelvic neutral position. Do not allow your spine to move.

Hold pelvic neutral and then slowly straighten out a leg without touching the floor. At the same time raise an opposite arm over head. Do not allow your spine to arch during this movement.

Return to starting position and then repeat on the opposite side.



Image: HEP2GO

Exercises: Bird Dog



Image: HEP2GO

While in a crawling position, tighten/brace at your abdominal muscles and then slowly lift a leg and opposite arm upwards. Your hip will move into hip extension on the way up. Lower leg and arm down and then repeat with opposite side.

Maintain a level and stable pelvis and spine the entire time.

Exercises: Chest Press

Lie on your back with your elbows bent. Arm angle can vary from 45 degrees from midline or 90 degrees.

Next, slowly raise up your arms towards the ceiling while extending your elbows straight up above your head.



Image: HEP2GO

Exercises: Terminal Knee Extension

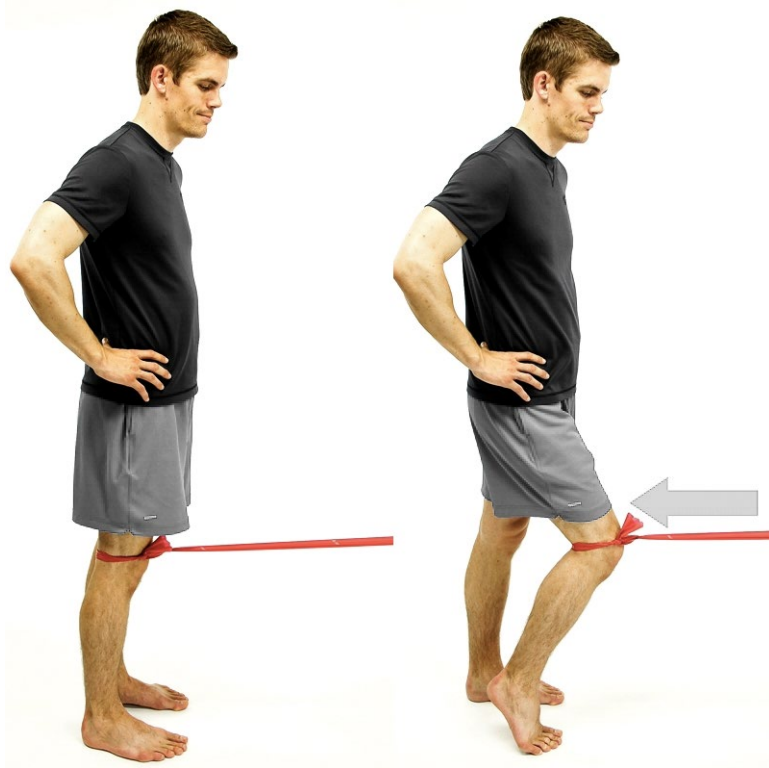


Image: HEP2GO

Start in a standing position with an elastic band attached above your knee and the other end tied with a knot and fixated behind a closed door or other anchor. The target knee should be partially bent with your toes touching the ground.

Next, move your knee back towards a straightened position so that your heel touches the floor and you pull against the band.



Summary

Micro workouts can help all ages

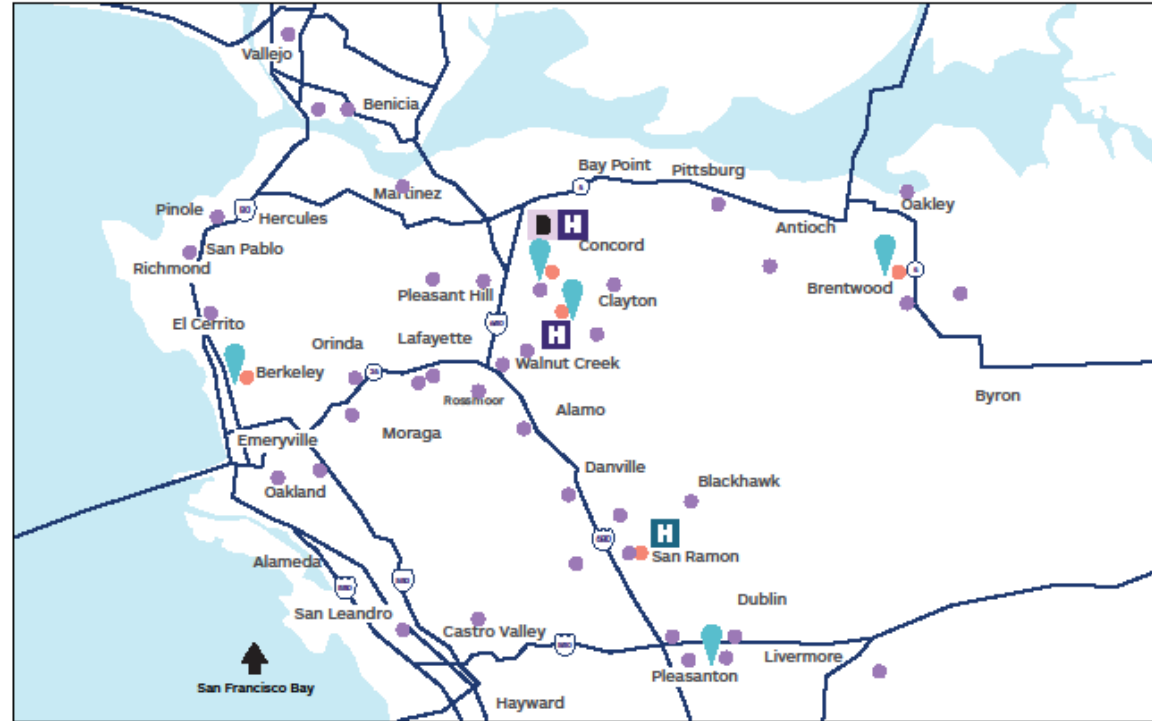
Some movement is better than none

Time can vary 30 seconds to 20 minutes

Highly variable based on fitness level

Questions?

John Muir Health Locations



- John Muir Health Medical Centers and Emergency Services
- San Ramon Regional Medical Center, a John Muir Health Partner
- Behavioral Health Center
- Outpatient Centers
Primary Care, Specialists, Lab & Imaging under one roof
- Medical Offices
- Urgent Care Centers

Additional medical offices available in Fairfield and Fremont.



09.2021

Health & Wellness

Health Net's online resources that include:

- Personal Health Profile
- RealAge Test (health assessment)
- Finding and comparing doctors
- » Wellness center programs and information:
 - Weight management
 - Nutrition
 - Smoking Cessation
 - Exercise
 - Stress Management



Telephonic Support/Coaching



Personalized support

Work one on one with a health coach:

Learn what to expect when trying to make a healthy change.

Understand what motivates you.

Decide exactly what you want to focus on.

Set specific health goals.

Track your progress – Your coach will help you stay with it!



Not sure what to do?

Call our Nurse Advice Line. A registered nurse is ready to answer your questions.

Call 1-800-893-5597

Healthy Discounts

Value-added discounts on lifestyle improvement products and services, including Weight Watchers, Active&Fit, and more.



Weight management
• Weight Watchers



**Chiropractic/
acupuncture
services and
more**
• Choose Healthy



Eye care
• EyeMed



**Hearing aids
and screenings**
• Nations Hearing
• Hearing Care Solutions



**Fitness club
discounts**
• American Specialty Health
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Highly interactive, individually-tailored applications

- Built-in progress tools and in-the-moment coping tools
- Online community support
 - anxiety, stress and depression
 - Alcohol and drug abuse
 - Pain management
 - PTSD and insomnia
 - Mindfulness



HN members can enroll at: mystrength.com/go/healthnet
Community members: www.mystrength.com Access Code: HNcommunity

Online Health Challenges



Ongoing monthly challenges

- Stress
- Steps
- Sleep

Non-HN members register or log on: sharecare.com

HN members register or log on : healthnet.sharecare.com



October Health Challenge

Snooze Soundly

health net | sharecare

Tips for Sound Snoozing

For many people, it's tough to prioritize good sleep as work, stress, family demands, illness, and more can get in the way. That's why it's important to make healthy adjustments and focus on what you can control, so you can fall asleep faster and rest deeply.

Try these tips to snooze soundly:

- Use relaxation or meditation techniques
- Steer clear of alcohol and stimulants, like caffeine, as bedtime nears
- Keep your sleep times regular
- Spend time outside during the day
- Turn off devices an hour before bed
- Darken your room and use white noise

For more tips on restful sleep, visit healthnet.sharecare.com. Questions? Call 855-430-5272.

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Upcoming Wellness Webinar

Take Charge of Your Health

Wednesday October 18, 2023

12pm-12:45pm pacific time



THANK YOU FOR YOUR TIME TODAY!
