

# CommonHealth WEEKLY WELLNOTE

*Simple, science-backed guidance for a healthier workforce*



## Set Your Sights on Well-Being: Staying Active Indoors

January in Virginia is often cold, sometimes snowy, and always short on daylight hours. That combination can make it all too easy to skip opportunities for physical activity (e.g.: walks in the neighborhood or trips to the gym) and cozy up with a warm blanket instead. While that may feel good once in a while, doing it regularly can leave us feeling moody, unmotivated, and fatigued. Luckily, we can get the best of both worlds — staying in and staying active — with these tips:

**Pick your pleasure.** Whether it's dancing to a fun playlist, cleaning with gusto, or doing cardio, strength training, or flexibility workouts — we're more likely to move when we choose activities we enjoy. That could mean adding movement to a more sedentary activity, such as cycling on a stationary bike while reading or strength training while watching TV.

**Gather the goods.** Plan for success by making sure that any supplies needed for the selected activities are available and ready to go. Create or find a fun playlist for dancing, take stock of cleaning supplies to attack that grime with gusto, find the mat and dumbbells for the strength training workout, align the treadmill or walking pad with the TV for walking while watching, etc.

**Put it in the daily plan.** While staying in reduces travel time, leaving more room for activity, it can leave more room for distractions. Set aside time for physical activity as a routine part of the day, similar to allowing time for toothbrushing each night before bedtime. While some may find it helpful to schedule a specific time (e.g.: 6pm), others may prefer to plan a general timeframe for activity (e.g.: the period between work and dinner). Find what works best for you, then stick to the plan.

### Try It This Week: Desk + Exercise = Deskercise

Short movement breaks throughout the workday help us reap the benefits of a more active lifestyle (e.g.: greater creativity, better decision making, sharper focus, and increased energy) that can enhance performance and increase satisfaction at work and at home.



Need ideas for office-friendly moves? CommonHealth has you covered with a new deskercise routine. [Get the workout](#), and try it this week!

[Get the Workout!](#)

### Benefits Buzz: Wellness Discounts

Save money when setting up your home gym or joining a new fitness center! Many health plans include discounts on products and services that help promote better health.

Check with your health plan to learn more about discounts\* they may offer, such as:

- Fitness Centers
- Massage Therapy
- Nutritional Services
- Hearing Aids & Eyewear
- Fitness Equipment & Trackers
- Vitamins & Supplements



**\* Available discounts vary by health plan. Contact your health plan for details.**



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