

Physical Movement

WORKBOOK



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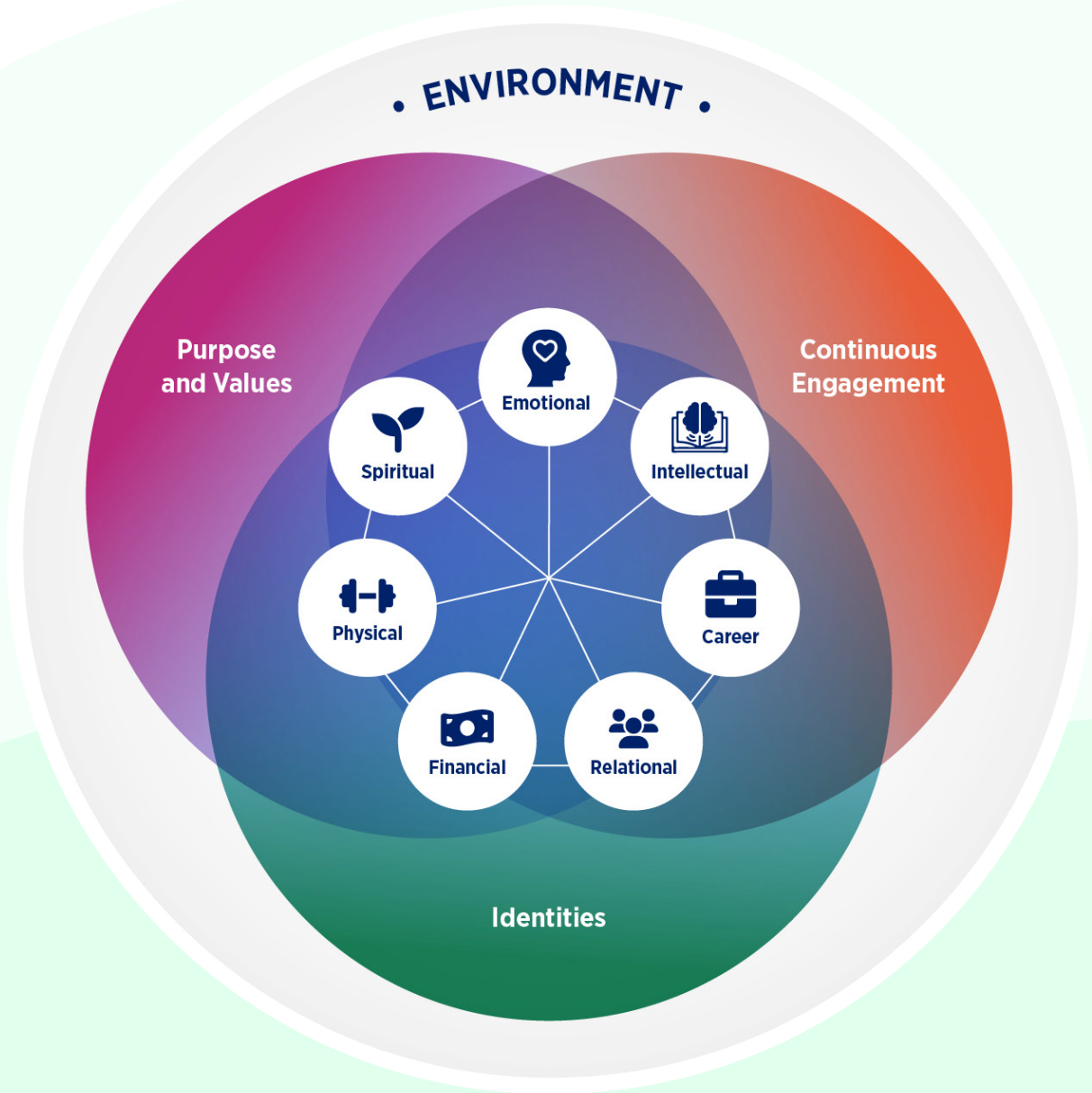
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Dimensions of Well-being:

OVERVIEW



Well-being is individual to everyone, and it ebbs and flows.

**It's dynamic and changes through your life and will be different for everyone.
Well-being is not something you can achieve or an end goal.**

What is physical movement?

“Physical activity refers to all movements including during leisure time, for transport to get to and from places, or as part of a person’s work or domestic activities. Popular ways to be active include walking, cycling, wheeling, sports, active recreation and play, and can be done at any level of skill and for enjoyment by everybody.” — [World Health Organization](#)



Aerobic Activity:

Sustained repetitive movement that increases heart rate and improves cardiovascular function

Ex: walking, biking, stairs, swimming

Fun Fact!
An activity only becomes aerobic after it has been maintained for at least 2 minutes.



Muscle Movement:

Movements which include strength (the maximum force that a muscle can resist) and endurance (how many times a muscle can perform the same movement)

Ex: weights, lunging, carrying groceries, plank



Balance Activities:

Ability to manipulate body to resist falling

Ex. walking backwards, using a wobble board, yoga



Range of Motion Activities:

Focus on movement around joints and ability to maintain posture

Ex. stretching, yoga

Fun Fact!
Maintaining posture is a balance between strength and flexibility.

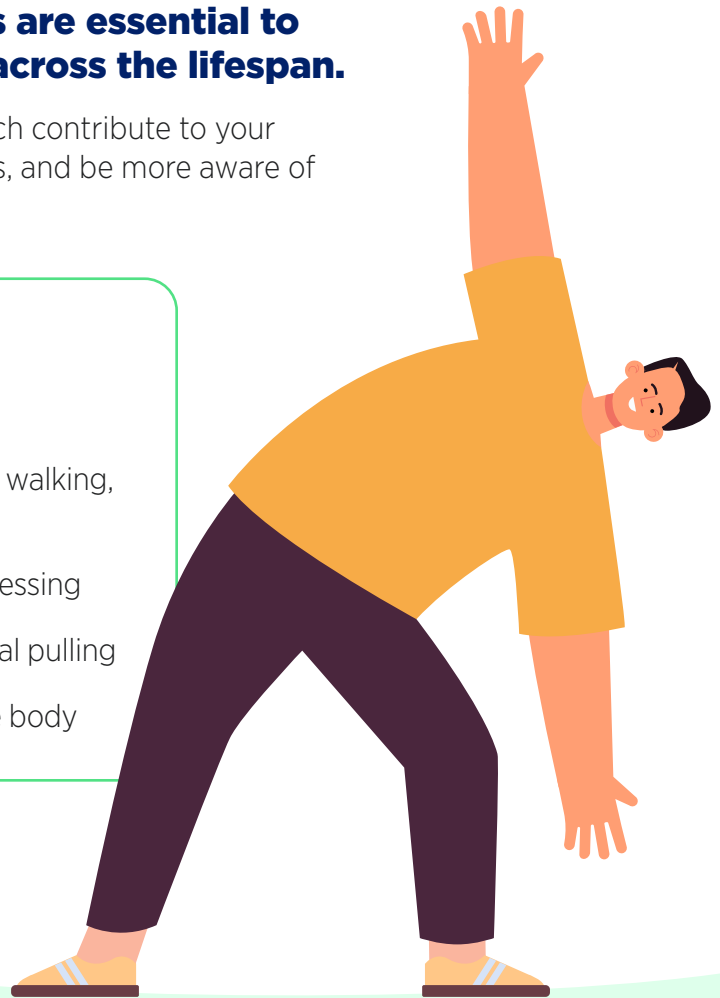
What are the different types of movements?

The five primary movement patterns are essential to support your health and well-being across the lifespan.

These are movements that you use every day, which contribute to your ability to perform daily tasks, reduce risk of injuries, and be more aware of what your body can do.

5 Primary Movements:

- ↕ 1. Full body bending: squats, hinges
- 🚶 2. Single-leg movements: single-leg stance, walking, running, lunging
- ✂️ 3. Pushing: horizontal pushing, overhead pressing
- ⊕ 4. Pulling movements: horizontal and vertical pulling
- 🔄 5. Rotational movement: moving across the body



Activity:

Where can you identify these movements in the tasks which you regularly do? Use the space below to write down your thoughts.

(Ex: opening a door – horizontal pushing, looking before crossing the street – rotational movement)

What are the benefits of moving your body and the consequences of a sedentary lifestyle?

Physical Movement:



Supporting movement throughout the day through leisure, physical activity, and everyday tasks.



- Improves mental health, mood, and stress management
- Increases productivity
- Improves quality of sleep
- Improves self-esteem and body image
- Strengthens bones and muscles
- Reduces risk of cardiovascular disease, diabetes, and some cancers

Sedentary Lifestyles:



Environments like classrooms, libraries, and desk jobs can contribute to worsening health outcomes.



- Decreased levels of endorphins and hormonal imbalances
- Low energy levels
- Fatigue
- Weight gain or obesity
- Muscle weakness, joint pain, poor posture
- Increases risk of cardiovascular disease, diabetes, and some cancers

Movement looks different for everyone:



Low-intensity

- Movement that includes built-in recovery breaks.
- Continuing a conversation without being out of breath
- A heart rate of roughly 60% to 70% of your maximum exercise heart rate.



Moderate-intensity

- Not completely exhausting, somewhere between low and high intensity.



High-intensity

- Inability to have a full conversation, but capable of a few words at a time.
- A heart rate that is more than 70% of your maximum heart.

The World Health Organization (WHO) guidelines suggest **150 minutes** of **moderate-intensity exercise** per week



Activity:

What physical activities do you enjoy?

- | | | | |
|-----------------------------------|----------------------------------|--|---------------------------------------|
| ☐ Biking | ☐ Dancing | ☐ Tennis | ☐ Group Sports |
| ☐ Swimming | ☐ Walking | ☐ Gardening | ☐ Other: _____ |
| ☐ Running | ☐ Hiking | ☐ Weight Training | |



Activity:

What movement is right for you? Take some time to reflect.

How has your relationship to movement changed over time?

What are your goals around movement?

In your ideal world, how much physical activity would you add or take away compared to what you're doing now?

What can you be more intentional about?

Consider increased movement while studying like:

- Vary your sitting. Consider the use of standing desks.
- Take breaks. Every 5-15 minutes to walk around, change locations.
- Use a whiteboard. Using a whiteboard provides variation to a computer or tablet.
- Move intentionally. Choose a key word from a reading and pair it with an exercise or stretch.



How do I incorporate movement in my day?

Often, it's difficult to incorporate physical movement into a person's day-to-day when balancing work, school, and other commitments.

Adding simple changes to your routine can help support increased movement, and we can make sure we are tailoring the workplace to our needs and goals!

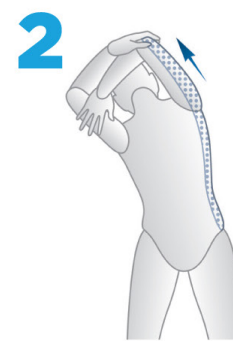
Ergonomics:

the study of people in their working environment.

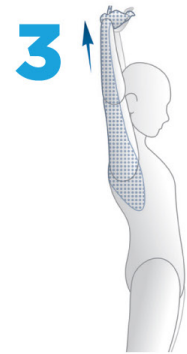
Ergonomics or an ergonomic workplace environment supports reduced risk of injuries, increased productivity, and improved outcomes of well-being.



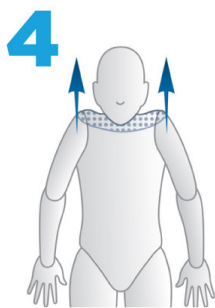
8-10 seconds



8-10 seconds,
each side



8-10 seconds



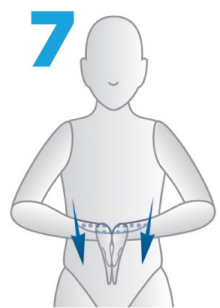
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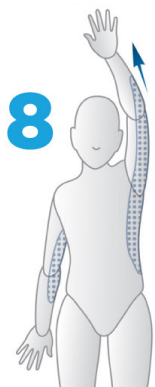
8-10 seconds, each side



8-10 seconds



8-10 seconds



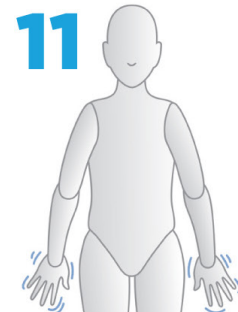
8-10 seconds,
each side



8-10 seconds,
each side



8-10 seconds



Shake out hands,
8-10 seconds

Try these stretches throughout the day for increased movement at your workstation!

- image adapted from UC Davis

Non-exercise Activity Thermogenesis (NEAT)

NEAT is your body's way of always working and using up energy throughout the day like:

- Laundry
- Cleaning
- Making a meal
- Walking while talking



Activity:

In what ways do you move throughout the day?



How are you moving this week?

Sometimes movement means maintaining your health.

This could look like going to the pharmacy, taking your medications on time, or visiting a health care provider.



Activity:

My Physical Activity Diary

Monday

Time of Day	Description of Activity	Duration

As you're filling out the worksheet, consider:

- Time spent walking to class
- Days that you run errands like laundry or grocery shopping or cleaning
- Any intentional movement breaks you schedule like workout classes, walks, or runs

Tuesday

Time of Day	Description of Activity	Duration

Thursday

Time of Day	Description of Activity	Duration

Wednesday

Time of Day	Description of Activity	Duration

Friday

Time of Day	Description of Activity	Duration

- Chart adapted from the CDC

Resources

Columbia University

- **Alice! Health Promotion**
 - Health Education Visits
 - Wellness Coaching
- **Counseling & Psychological Services**
- **Disability Services**
- **Medical Services**
- **Dodge Fitness Center**

External Resources

- [Public Programs](#)
- [Make NYC Your Gym](#)
- [Ways to Get Active Anywhere](#)
- [Fitness Videos, Classes, Discounts and More](#)
- [Move Your Way](#)
- [Free Physical Activities](#)
- [Physical Activity as Prevention + Recommendations](#)
- [Physical Activities Around NYS](#)
- [Videos, Tools, Guides and More](#)
- [Resources Based on Needs](#)
- [Physical Activity Facts](#)
- [Physical Activity Resources](#)



**Want to explore more
physical movement
in your life?
Meet with Alice!**

Scan the QR to learn more:





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