

IMPROVING HEALTH DURING STAY HOME

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INTRODUCTION

- + **Choose and answer one question below:**
- What activities are keeping you busy?
- What is your favorite movie during Stay Home?
- What have you discovered about yourself/Spouse?

WHAT IS MEDITATION?

- Mind: Calmness
- Body: Physical relaxation
- Mind and body practices focus on the interactions among the brain, mind, body and behavior
- Resource: nccih.nih.gov

FOUR ELEMENTS OF MEDITATION



A quiet location with as few distractions as possible

A specific, comfortable posture (sitting, lying down, walking, etc.)

A focus of attention (a specially chosen word or set of words, an object or the sensations of the breath)

An open attitude (letting distractions come and go naturally without judging them)

SOME BENEFITS OF MEDITATION



	Reduces perception of pain
	Lowers blood pressure
	Decreases heart rate
	Enables deeper and slower breathing
	Begins healing the body

EQUIPMENT NEEDED

- A chair
- Water bottle or light-medium dumbbell
- Desk
- Can you think of anything else you can use at your desk? Or around the office?

SAFETY FIRST

Before we get started please ensure that

- You are injury free
- If you had surgery recently you must have clearance from your doctor to do exercises
- Make sure the chair you use is stable
- If your chair has wheels, push it against a wall to make sure it won't roll away

WARM UP

- Breathing exercise
 - ✓ Inhale through the nose
 - ✓ Exhale through the mouth

- Wear comfortable clothing

- Walk for approximately 5-10 minutes
 - ✓ Walking helps get the blood flowing to your muscles, preparing your body for exercise. It also reduces the risk of injury and helps your muscles loosen up, increasing the benefit from exercise.

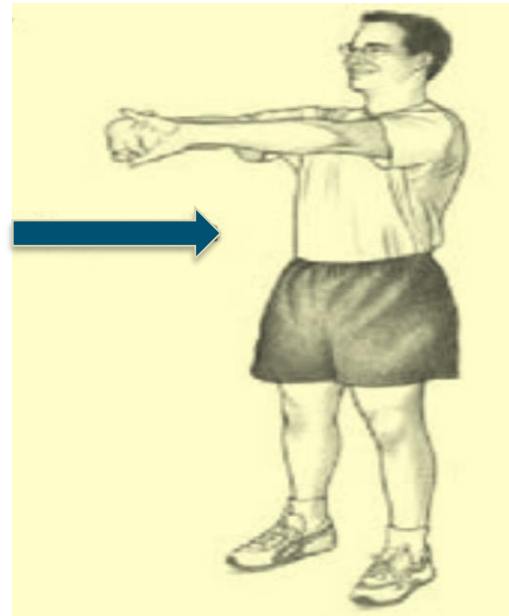
www.mayoclinic.org

1. FINGER MARCHING: THIS WILL HELP IMPROVE STRENGTH AND FLEXIBILITY IN YOUR UPPER BODY.

Do this exercise 3 times

Note: Your own pace

- Hold your hands together in front of your body
- Raise your arms so that they're parallel to the ground, with your palms facing the imaginary wall
- Curl your shoulders forward. You should feel the stretch in your wrist and upper back
- Hold the position for about 10 seconds
- Pull palm towards chest 10 times



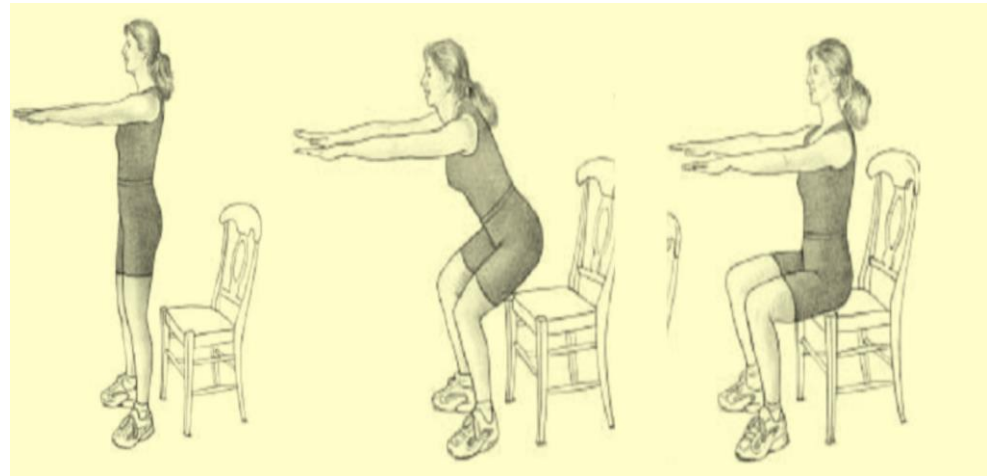
www.cdc.gov

2. SQUATS: A GREAT EXERCISE FOR STRENGTHENING HIPS, THIGHS, AND BUTTOCKS.

DO THIS EXERCISE 3 TIMES
NOTE: YOUR OWN PACE

Stand in front of a chair and hold your arms out straight

- Lower yourself slowly, to a count of four, until you are almost sitting.
- Pause, then slowly stand up again.
- Make sure to keep your knees behind your toes the whole time.
- Repeat 10 times



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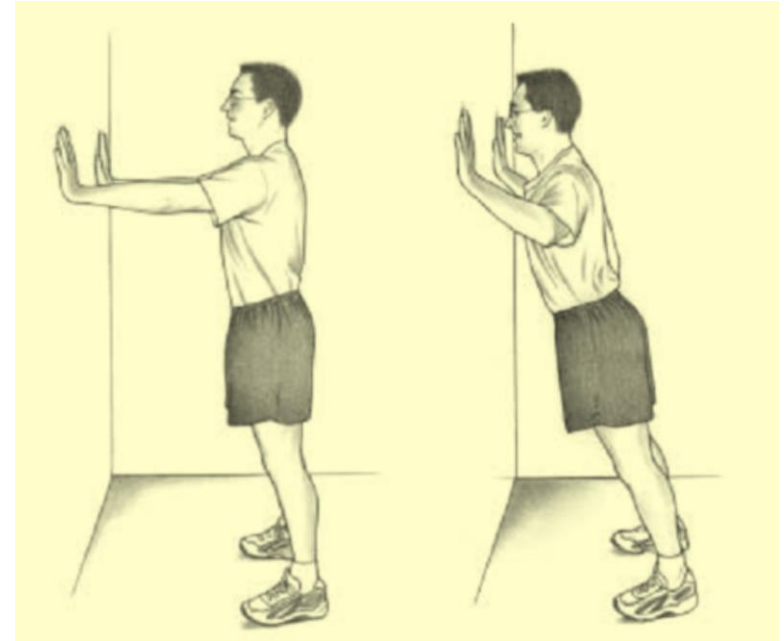
3. WALL PUSHUPS: WILL HELP TO STRENGTHEN YOUR ARMS, SHOULDERS, AND CHEST.

DO THIS EXERCISE 3 TIMES

NOTE: YOUR OWN PACE

Stand a little more than one arm's length from a wall. Lean your body forward and place your palms flat against the wall.

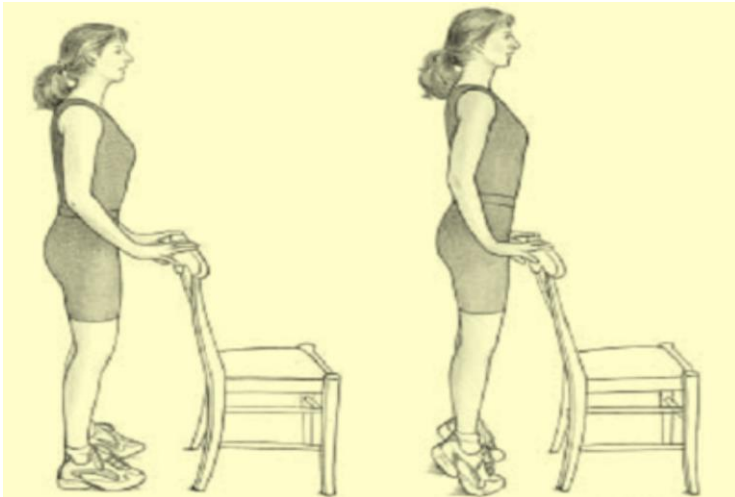
- Slowly bend your elbows and lower your upper body toward the wall
- Pause. Then, slowly push yourself back until your arms are straight—but don't lock your elbows.
- Repeat 10 times for one set. Rest for a minute. Then complete a second set of 10.



www.cdc.gov

4. TOE STANDS: GOOD FOR YOUR CALVES AND ANKLES, AND WILL HELP WITH STABILITY AND BALANCE.

**DO THIS EXERCISE 3 TIMES
NOTE: YOUR OWN PACE**



Use a chair or counter for balance. Slowly push up as far as you can, and hold for two to four seconds.

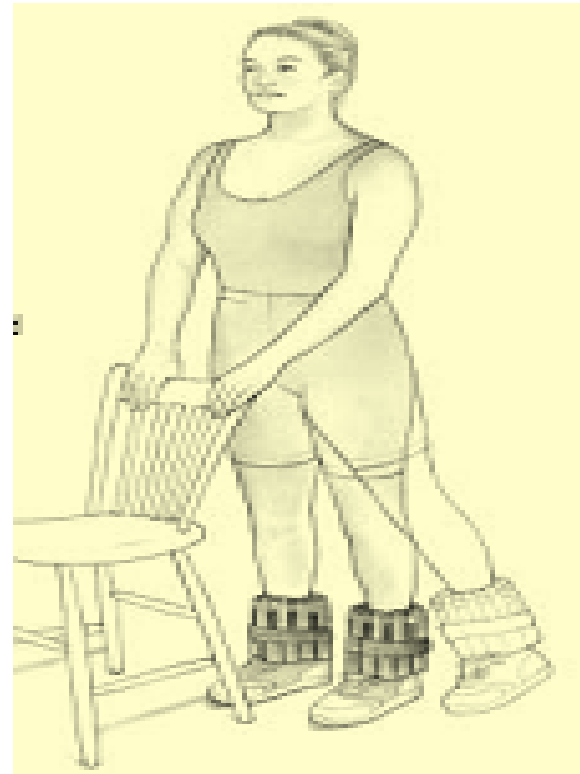
- Then, slowly lower your heels back to the floor.
- Make sure you don't lean on the counter or chair—use them for balance only.

5. HIP ABDUCTION: TARGETS YOUR HIPS, THIGHS, AND BUTTOCKS, AND STRENGTHENS YOUR HIPBONES.

DO THIS EXERCISE 3 TIMES
NOTE: YOUR OWN PACE

Stand behind a sturdy chair. Slowly lift your right leg out to the side.

- Pause. Then slowly lower your right foot back to the ground. Repeat 10 times with the right leg and 10 times with the left leg for one set.
- To make this exercise more challenging, you may add ankle weights



6. QUADRICEPS STRETCH: WILL HELP RELAX THE MUSCLES OF THE FRONT OF YOUR THIGH AND MAKE THEM MORE FLEXIBLE.

DO THIS EXERCISE 3 TIMES
NOTE: YOUR OWN PACE

- With your left hand, hold a chair or counter for balance.
- Bend your right leg back and grasp your right ankle in your right hand.
- You should feel a stretch in the front of the thigh. Hold the stretch for a slow count of 30.
- Release your right ankle and repeat with the other leg.



7. HAMSTRING/CALF STRETCH: THIS STRETCH WILL GIVE HAMSTRING AND CALF MUSCLES MORE FLEXIBILITY AND MAKE IT EASIER FOR YOU TO BEND OVER.

**DO THIS EXERCISE 3 TIMES
NOTE: YOUR OWN PACE**



Stand, facing a sturdy chair.

- Slowly bend forward at the hip, keeping your legs straight. Rest your hands on the seat of the chair, feeling a stretch in the back of your upper and lower leg.
- Hold for 20-30 seconds. Release the stretch and repeat.

BENEFITS

Practice these exercises at least three times a week.

- + It may help you with balance, coordination, and mobility.

It may also help with problems like:

- + Diabetes
- + High blood pressure
- + High cholesterol
- + Arthritis (slows the progression)
- + Back pain

www.cdc.gov

TELEHEALTH

- +As of March 10, 2020 and until further notice, due to the COVID-19 outbreak, member cost share will be waived for
- +ALL telehealth services received through the Teladoc network. To allow for quicker access, it is encouraged for
- +Members to set up their Teladoc account prior to using the service. To access this benefit, members call or go online
- +And get connected to a Teladoc provider: dial 855-636-1579 or
www.fepblue.org/telehealth (TTY 855-636-1578).

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