

REFINE

Do you find yourself hitting a wall around 2 pm? Has your energy completely depleted, leaving you unable to focus on a task? This is likely because you have been sitting for a long period of time with little movement. By interspersing movement and deskercises throughout the day, you can increase your engagement, energy, and efficiency. An easy way to start this trend is to walk to a coworker's desk to communicate instead of sending an inter-office email. Small steps can go a long way in improving your productivity. Regardless of whether you stand or sit throughout your workday, movement is an important component to consider!

The human body was not engineered to sit all day. Prolonged sitting can lead to weakened gluteal and leg muscles. It also shortens your hip flexors, causing tight hips, which can lead to hip joint complications and low back pain overtime. To avoid this, we encourage you to get up and move for three minutes every sixty minutes you are sitting. This can be anything from walking to the bathroom or water jug, standing up to stretch, or walking over to a coworker with a question you may have. This will get the blood flowing increasing your brain activity. We have provided a 60:3 tracking sheet. You simply fill out your schedule (ex. 8-4:30 or 7-7 if you're a 12-hour shift) and mark an "X" on each hour that you get up and move or stretch for three minutes. Refine your habits and start moving today!

REFINE Activities

15 Points Possible

- 1-7 points: **1 entry**
- 8-15 points: **2 entries**

Get Up & Go!

- 1 point: Go for a walking meeting
- 1 point: Try deskercise or [Work Out @ Work](#)
- 1 point: Complete a workout during your [lunch break](#)
- 1 point: Take the long route to the printer/water jug
- 1 point: Walk to a bathroom on another floor
- 1 point: Take the stairs throughout the day instead of the elevator

Set yourself up for success!

- 1 point: Bring your walking shoes to work
- 1 point: Use a reusable water bottle

BOOST Breaks

- 1 point: Physical boost (stretch, go for a walk, etc.)
- 1 point: Intellectual boost (color, complete a crossword puzzle or sudoku, etc.)
- 1 point: Social boost (get to know your coworker, complete a team-building activity, write a thank you card, etc.)
- 1 point: Spiritual boost (create a smile file on your desktop, listen to music, enjoy nature, etc.)

Bonus!

3 points: Submit a picture of your [60/3 tracking sheet](#) via

- Remind notification service
- Email to kcla0003@shands.ufl.edu
- Posting in the GatorCare Facebook group

[Refine Points Self Tracker →](#)