

ACE FITGIFT



Coupon Book

To: _____

From: _____

Let's not let work get in the way of staying healthy. Use these coupons to energize the 9-to-5. Think of them as inspiration for your own workouts or use them to challenge co-workers. I'll help you!

ACE FITGIFT



Good for:

ONE OFFICE CHALLENGE: TAKE THE STAIRS ALL DAY

(Today we have to take the stairs between floors instead of the elevator. Let's challenge our co-workers to do the same.)

Go to www.acefitness.org/fitgifts/401/ to see all the ways you can utilize a set of stairs—indoors or out.

Fit tip:

They're not just good for cardio! Use stairs to do step-ups, push-ups, dips and plank poses. The incline makes them ideal for beginners to intermediates.

ACE FITGIFT



Good for:

ONE LUNCH-HOUR WORKOUT

(Together we'll plan a quick lunchtime session for the office. Maybe it's a special class at a nearby gym, a group walk in the office park, or yoga or sculpting moves in the conference room.)

Go to www.acefitness.org/fitgifts/402/ to search for a local ACE-certified Fitness Professional who can talk to your office about establishing healthy habits and lead you through a group workout.

Fit fact:

Secretaries, lawyers, teachers and police officers walked the least amount of steps and shortest distance in an American Council on Exercise® study of various job activity levels.

ACE FITGIFT



Good for:

WORKOUT INSPIRATION: TOOL TIME!

(Bring your favorite piece of exercise equipment to work—ask others to do the same. Reserve the conference room and demo some of your go-to moves.)

Go to www.acefitness.org/fitgifts/403/ to watch stability ball and medicine ball workouts.

Fit tip:

Don't have any equipment? Your body weight alone will do the trick. Try doing 30 seconds to a minute each of squats, lunges, push-ups, crunches and jogging in place—without resting—and see how fast you start to sweat!

ACE FITGIFT



Good for:

ONE BAG LUNCH MAKEOVER

(Like a potluck, you and I will each bring a healthy dish to share at lunch. Ask other people to BYOL it too!

Visit www.acefitness.org/fitgifts/404/ to find good-for-you suggestions for every meal.

Fit tip:

Stash walnuts and almonds—both high in healthy fats—in your desk drawer to help satisfy mid-afternoon cravings. A 0.5-ounce serving of almonds—that's about 12—contains 82 calories.

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Good for:

ONE OFFICE MEDITATION BREAK

(Schedule a five-minute "meeting" to get everyone breathing deeply and re-focused. Pick a time when most people seem to get stressed—maybe mid-morning or mid-afternoon.)

Go to www.acefitness.org/fitgifts/405/ to find some easy ways you can limber up desk side and prevent the "office slouch."

Fit fact:

There are no negative side effects of meditation! It can help relieve tension, boost feelings of happiness and improve sleep.

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Good for:

ONE MIM-BREAK-MAYHEM DAY!

(I'll help you schedule quickie workouts or stress busters every hour for an entire day to get people moving and help them blow off steam. Plan this for a casual Friday—with your boss's permission, of course!)

See www.acefitness.org/fitgifts/406/ to learn about the dangers of sitting too long at work.

Fit tip:

Eating meals at your desk can cause you to consume more later in the day. Go somewhere away from work (and a computer) so you can focus on your food.

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Good for:

WORKOUT INSPIRATION: PICK AN OFFICE CHARITY RACE

(Let's put together a team to raise money for disease research and give yourselves a goal to motivate your workouts. Some organizations, like Team in Training, offer organized group coaching.)

Go to www.acefitness.org/fitgifts/407/ for the best way to train for a 5K—that's just 3.1 miles!

Fit tip:

If the thought of entering a race makes your stomach queasy, don't worry. There are plenty of charity events, such as bike rides and walks, that don't involve competition.

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Good for:

ONE HAPPY HOUR WORKOUT

(Redeem and I'll join you for a post-work walk, hike or jog instead of heading straight home or to a bar. Make it a monthly—or even weekly—event.)

Exercise can improve your career—its true! Go to www.acefitness.org/fitgifts/408/ to learn how.

Fit fact:

An early workout can make you calmer and clear your head for your morning meetings, especially if you'll be making a presentation.

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Good for:

ONE TRUE CONFESSIONS DAY

(Time to fess up to a bad habit, like smoking, drinking too many sugary sodas or indulging in dessert at every meal, and redeem for a little help reforming your ways.)

Need help “re-programming?” Go to www.acefitness.org/fitgifts/409/ for some easy tips on establishing healthy eating habits.

Fit tip:

Although research hasn’t confirmed this, some experts believe it takes 21 days to establish a new habit (or break an old one). Skip the sodas for three weeks and you probably won’t want them anymore.

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Good for

ONE BRING YOUR WALKING SHOES TO WORK DAY!

(I’ll help you recruit different people to lead pre-work, mid-morning, lunchtime, mid-afternoon and post-work walks. Our co-workers can join in as time allows.)

Go to www.acefitness.org/fitgifts/410/ to find out how to successfully start up an office walking group.

Fit fact:

Walking at a moderate 3 mph pace burns 200 calories an hour (depending on your weight). Pick that up to 4 mph, and you’ll melt more than 300 calories an hour!

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Good for:

ONE EXPERT-FOR-A-DAY WORKOUT

(I’ll help you recruit “experts” to lead mini-tutorials for the staff. There’s bound to be someone in the office who loves to dance, golf, do yoga or maybe even hula-hoop.)

Go to www.acefitness.org/fitgifts/411/ and read how “hooping” can add some calorie-burning sizzle to your workout regimen.

Fit fact:

The hula-hoop was banned in Tokyo in the 1950s due to the large number of traffic accidents it caused.

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Good for:

WORKOUT INSPIRATION: TARGET YOUR TROUBLE ZONES

(Choose one problem area a week—or let people vote—and put together a 10-minute group workout that hits those muscles.)

Go to www.acefitness.org/fitgifts/412/ to see the most effective exercises for your triceps.

Fit fact:

The tongue is the strongest muscle in the body, relative to its size.

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Good for:

ONE HEALTHY HOLIDAY GIFT EXCHANGE

(I'll help you arrange a better gift swap, one that pays off every day of the year. A jump rope costs less than \$10!)

Go to www.acefitness.org/fitgifts/413/ to get some easy tips for choosing home exercise equipment.

Fit tip:

If you want a pricier piece of equipment—like a TRX—split it with a trusted co-worker, then set up a time share: You get it for a week, then she gets it for a week.

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Good for:

ONE HEALTHY HOLIDAY PARTY

(I'll help you make the annual party a good-for-you affair this year. We can designate one or two "treat" dishes, and then make the rest low-fat or low-calorie.)

Go to www.acefitness.org/fitgifts/414/ to find appetizer, dessert and drink recipes that are perfect for any party.

Fit fact:

Spin slower tunes in the background during your celebration. The faster the music, the quicker people chow down.

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Good for:

ONE SUGAR SHAKEDOWN DAY

(Avoid sugary foods for the entire day—then extend it to two days, three and so on. Get co-workers to join in and see who can go the longest.)

You can still enjoy eating without loading up on sugar. Find out how at www.acefitness.org/fitgifts/415/.

Fit fact:

Americans eat 156 pounds of added sugar a year—most of it is in prepared foods and low-fat products. Read those labels! (Source: Medicinenet.com)

ACE FITGIFT



Good for:

ONE WORKOUT DVD EXCHANGE

(I'll help you organize a swap: We can bring in our used exercise DVDs to trade with our co-workers. Now we have a brand new routine!)

Visit www.acefitness.org/fitgifts/416/ to find out how to choose the right exercise DVD for you.

Fit tip:

You can try this with exercise equipment too. If those 5-pound dumbbells are just too light for you now, see if someone at work wants to do a trade.

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Good for:

ONE VOLUNTEER DAY

(Together, we'll ask the boss to set aside one afternoon a month—or maybe every quarter—for staff to volunteer at a local charity. Even if we're not being super-active, we're still lowering stress and improving our health.)

Go to www.acefitness.org/fitgifts/417/ to learn how volunteering improves your health.

Fit fact:

Share this with your boss: People who volunteer one to two hours a week report less feelings of depression and greater feelings of happiness. (Source: Americorps.gov)

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Good for:

INSTANT INSPIRATION: PICK AN OFFICE CHEERLEADER

(This week, provide exercise motivation to co-workers. Each week following, we'll designate a different staffer to be the go-to person.)

See www.acefitness.org/fitgifts/418/ to discover more ways to get excited about being active.

Fit fact:

Here's one no-sweating-required way to lose pounds: Eat more vitamin D. People who get enough—4,000 IU a day—of this powerful nutrient are 16 pounds lighter, on average, than those who don't.

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Good for:

WEIGHT LOSS INSPIRATION: LOG IN

(Start a food and exercise journal to track food intake and activity. Encourage co-workers to join in for added support.)

Go to www.acefitness.org/fitgifts/419/ to see exactly what to record in your journal.

Fit fact:

People who use food journals to track their intake are more successful at losing weight and keeping it off than those who don't.

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Good for:

ONE TAG TEAM OFFICE DETOX

(When the office stress level is spiking, take five minutes to walk around the building, stretch or do deep breathing exercises. Then tag the next person to do the same thing. Soon, everyone will be calmer.)

Go to www.acefitness.org/fitgifts/420/ to find more ways to tame tension at the office.

Fit fact:

While a certain amount of stress is good for you, too much can lead to health problems, including weight gain, depression, heart disease, strokes and more.