

EXERCISE VS MOVEMENT

EXERCISE AND MOVEMENT ARE RELATED BUT DISTINCT CONCEPTS WHEN IT COMES TO PHYSICAL ACTIVITY. LET'S EXPLORE THEIR DIFFERENCES AND THE HEALTH BENEFITS THEY OFFER:

EXERCISE: EXERCISE REFERS TO PLANNED, STRUCTURED, AND REPETITIVE PHYSICAL ACTIVITIES PERFORMED WITH THE SPECIFIC PURPOSE OF IMPROVING PHYSICAL FITNESS, HEALTH, OR ACHIEVING CERTAIN GOALS. THESE ACTIVITIES OFTEN HAVE A CLEAR START AND END POINT, AND THEY ARE TYPICALLY CATEGORIZED INTO VARIOUS TYPES, SUCH AS CARDIOVASCULAR EXERCISES, STRENGTH TRAINING, FLEXIBILITY EXERCISES, AND BALANCE TRAINING.



HEALTH BENEFITS OF EXERCISE:

- **IMPROVED CARDIOVASCULAR HEALTH:** REGULAR AEROBIC EXERCISES, LIKE JOGGING, SWIMMING, OR CYCLING, CAN STRENGTHEN THE HEART AND IMPROVE CIRCULATION.
- **INCREASED MUSCLE STRENGTH AND ENDURANCE:** STRENGTH TRAINING EXERCISES, LIKE WEIGHTLIFTING OR BODYWEIGHT EXERCISES, HELP BUILD AND TONE MUSCLES.
- **ENHANCED FLEXIBILITY AND MOBILITY:** ACTIVITIES LIKE YOGA OR STRETCHING EXERCISES IMPROVE FLEXIBILITY AND JOINT RANGE OF MOTION.
- **WEIGHT MANAGEMENT:** REGULAR EXERCISE HELPS BURN CALORIES AND CAN AID IN WEIGHT LOSS OR WEIGHT MAINTENANCE.
- **REDUCED RISK OF CHRONIC DISEASES:** ENGAGING IN REGULAR EXERCISE CAN LOWER THE RISK OF VARIOUS CHRONIC CONDITIONS, INCLUDING TYPE 2 DIABETES, HYPERTENSION, AND CERTAIN CANCERS.
- **BETTER MENTAL HEALTH:** EXERCISE IS KNOWN TO REDUCE STRESS, ANXIETY, AND DEPRESSION, AND IT CAN BOOST MOOD AND OVERALL WELL-BEING.
- **IMPROVED BONE DENSITY:** WEIGHT-BEARING EXERCISES, LIKE WALKING OR DANCING, CAN HELP STRENGTHEN BONES AND REDUCE THE RISK OF OSTEOPOROSIS



EXERCISE VS MOVEMENT



MOVEMENT: MOVEMENT ENCOMPASSES ALL TYPES OF PHYSICAL ACTIVITY THAT INVOLVE BODY MOTION. UNLIKE EXERCISE, MOVEMENT DOES NOT NECESSARILY FOLLOW A STRUCTURED OR PLANNED ROUTINE. IT INCLUDES ALL THE ACTIVITIES YOU PERFORM THROUGHOUT THE DAY, SUCH AS WALKING TO THE STORE, GARDENING, CLEANING THE HOUSE, OR TAKING THE STAIRS INSTEAD OF THE ELEVATOR.



HEALTH BENEFITS OF MOVEMENT:

- ENHANCED DAILY ENERGY EXPENDITURE: INCORPORATING MORE MOVEMENT THROUGHOUT THE DAY CAN CONTRIBUTE TO BURNING ADDITIONAL CALORIES AND SUPPORTING WEIGHT MANAGEMENT.
- IMPROVED JOINT HEALTH: REGULAR MOVEMENT HELPS LUBRICATE JOINTS AND MAINTAIN THEIR FLEXIBILITY.
- BETTER POSTURE AND BALANCE: VARIOUS DAILY MOVEMENTS, ESPECIALLY THOSE INVOLVING BALANCE AND COORDINATION, CAN CONTRIBUTE TO BETTER POSTURE AND STABILITY.
- REDUCED SEDENTARY BEHAVIOR: INCREASING MOVEMENT CAN COUNTERACT THE NEGATIVE EFFECTS OF PROLONGED SITTING, WHICH IS ASSOCIATED WITH VARIOUS HEALTH RISKS.

IN SUMMARY, EXERCISE IS A STRUCTURED AND PURPOSEFUL FORM OF PHYSICAL ACTIVITY WITH SPECIFIC HEALTH GOALS, WHILE MOVEMENT REFERS TO ALL THE ACTIVITIES THAT INVOLVE BODY MOTION, INCLUDING DAILY TASKS AND SPONTANEOUS ACTIONS. BOTH EXERCISE AND MOVEMENT PLAY ESSENTIAL ROLES IN MAINTAINING OVERALL HEALTH AND WELL-BEING.



HOW DOES THIS APPLY TO US IN OUR JOBS?

FOR 911 DISPATCHERS, AS WE HAVE SEDENTARY JOBS THAT INVOLVE LONG HOURS OF SITTING AND FOCUSING ON SCREENS, INCORPORATING MOVEMENT INTO OUR ROUTINE CAN BE BENEFICIAL FOR OUR PHYSICAL AND MENTAL WELL-BEING.

HERE ARE SOME MOVEMENT IDEAS THAT WE CAN EASILY INTEGRATE INTO OUR WORK DAY:

- **STRETCHING BREAKS:** TAKE SHORT BREAKS TO STRETCH YOUR BODY. FOCUS ON STRETCHES THAT TARGET AREAS PRONE TO TENSION, SUCH AS NECK, SHOULDERS, WRISTS, AND LEGS. SIMPLE NECK TILTS, SHOULDER ROLLS, WRIST CIRCLES, AND HAMSTRING STRETCHES CAN HELP ALLEVIATE STIFFNESS.
- **DESK EXERCISES:** PERFORM DISCREET EXERCISES AT YOUR DESK TO ENGAGE YOUR MUSCLES. TRY SEATED LEG LIFTS, SEATED LEG MARCHES, SEATED TORSO TWISTS, AND SEATED MARCHES TO KEEP YOUR BODY ACTIVE WHILE SEATED.
- **WALKING:** USE YOUR BREAK TIMES TO TAKE SHORT WALKS AROUND THE DISPATCH CENTER OR BUILDING. EVEN A 5-10 MINUTE WALK CAN HELP INCREASE CIRCULATION AND PROVIDE A MENTAL BREAK.
- **STAIR CLIMBING:** IF YOUR WORKPLACE HAS STAIRS, CONSIDER TAKING THE STAIRS INSTEAD OF THE ELEVATOR WHENEVER POSSIBLE. STAIR CLIMBING IS A GREAT WAY TO ENGAGE YOUR LEG MUSCLES AND GET YOUR HEART RATE UP.
- **CHAIR YOGA:** INCORPORATE GENTLE CHAIR YOGA STRETCHES AND POSES TO IMPROVE FLEXIBILITY AND REDUCE TENSION. CHAIR YOGA CAN BE DONE RIGHT AT YOUR DESK.
- **BREATHING EXERCISES:** PRACTICE DEEP BREATHING EXERCISES TO REDUCE STRESS AND PROMOTE RELAXATION. DEEP, SLOW BREATHS CAN HELP CALM THE MIND AND RELIEVE TENSION.
- **QUICK CARDIO BURSTS:** ENGAGE IN SHORT BURSTS OF CARDIO EXERCISES LIKE JUMPING JACKS, HIGH KNEES, OR MARCHING IN PLACE FOR A FEW MINUTES DURING YOUR BREAKS.
- **RESISTANCE BAND WORK:** KEEP A RESISTANCE BAND AT YOUR DESK TO PERFORM SIMPLE RESISTANCE EXERCISES FOR YOUR ARMS AND UPPER BODY.
- **MINDFUL MOVEMENT:** TAKE MOMENTS THROUGHOUT THE DAY TO DO MINDFUL MOVEMENTS. THIS COULD INCLUDE GENTLE STRETCHES, REACHING OVERHEAD, OR SIMPLY SITTING WITH GOOD POSTURE AND FOCUSING ON YOUR BREATH.
- **HYDRATION BREAKS:** USE TRIPS TO THE WATER COOLER AS OPPORTUNITIES TO STRETCH AND MOVE AROUND. STAYING HYDRATED IS IMPORTANT FOR OVERALL WELL-BEING.
- **ERGONOMIC CONSIDERATIONS:** ENSURE YOUR WORKSPACE IS ERGONOMICALLY DESIGNED TO SUPPORT GOOD POSTURE AND REDUCE STRAIN. ADJUST YOUR CHAIR AND MONITOR HEIGHT TO PROMOTE COMFORTABLE POSITIONING.
- **DANCE BREAKS:** DURING QUIET MOMENTS, PUT ON YOUR FAVORITE MUSIC AND HAVE A SHORT DANCE BREAK TO LIFT YOUR SPIRITS AND GET YOUR BODY MOVING.

REMEMBER, THE GOAL IS TO INCORPORATE MOVEMENT INTO YOUR DAY IN A WAY THAT FEELS COMFORTABLE AND SUSTAINABLE. IT'S IMPORTANT TO LISTEN TO YOUR BODY AND AVOID OVEREXERTION. START WITH SMALL CHANGES AND GRADUALLY INCREASE YOUR MOVEMENT OVER TIME.