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Combating the Effects of Sitting

It is well known that prolonged sitting can increase one's risk for chronic conditions. Experts have been saying for years that sitting too much is bad for your health, and some even compared it to smoking. Not great news considering so many of today's jobs require sitting at a computer for hours on end. But now experts are saying that offsetting the impact of sitting all day is easy. Recent studies have shown that just five minutes of light walking every 30 minutes can help to offset some of the negative side effects from prolonged sitting.

5 minutes every half hour may sound unrealistic, but the tips below might make it easier than you think!

- Park further away to get a little extra movement at the start/end of your day.
- Walk down the hallway to talk to a coworker instead of sending an email.
- Make it a habit to stand up every time you make or answer a phone call. Even better, march in place or pace around your office to keep moving.
- When you go to the bathroom or refill your water bottle, go the long way, or take a couple extra laps.
- If you're attending a webinar, do some desk stretches or exercises to get your blood flowing.
- Set aside time during lunch to go for a short walk.

Check out the stretches and exercises on the following pages for simple things you can do right from your office, and even while sitting at your desk!



Winter Produce & Recipes

Winter is commonly accused of being the worst time of year for produce, but it is actually a great time for hearty vegetables, citrus fruits, and much more. Below are just a few examples of the delicious produce that's at it's ripest, and as a result, also it's cheapest this time of year.

Winter vegetables

- Broccoli
- Brussels sprouts
- Sweet potatoes
- Winter squash

Winter fruits

- Apples
- Oranges
- Grapefruit
- Pears

Winter is also a great time to tap into frozen and canned produce. People often assume that frozen and canned produce aren't nutritious because they're not fresh, but that's not true. Frozen/canned fruits and vegetables are picked and packed at peak ripeness in order to maintain not only nutrition content, but also taste. But be sure to keep an eye out for high salt content and added sugar.

Not sure what to do with your winter produce? Click the links below for some recipe inspiration!

- [Cheesy Spinach & Artichoke Spaghetti Squash](#)
- [Sweet Potato & Black Bean Chili](#)
- [Brussels Sprouts with Goat Cheese & Honey](#)
- [Cranberry-Pear Crumble Pie](#)
- [Chewy Apple-Raisin Oatmeal Cookies](#)



Happenings In & Around Columbus

- [Jurassic Quest](#) | Jan. 20-22
- [Chihuly Night at Franklin Park Conservatory](#) | Jan. 21
- [Beethoven, Mozart, and Haydn by Columbus Symphony](#) | Jan. 20-22

Desk Stretches



1 SHOULDER ROLLS / SHRUGS



2 SEATED HAMSTRING STRETCH



3 STANDING QUAD STRETCH:
Alternate legs.



4 CHEST STRETCH:
Roll shoulders back and lift chest.



5 BACK STRETCH:
Press chest towards ground.



6 NECK STRETCH:
Alternate up/down and side to side.



7 FOREARM STRETCHES

(Continued on back)

For more health and wellness tips,
visit [Blog.OhioHealth.com](https://www.ohiohealth.com/blog)

Desk Stretches



8 WRIST ROTATIONS:

Rotate clockwise then counterclockwise and repeat both wrists.



9 SHOULDER STRETCH:

Repeat both sides.



10 TRICEP STRETCH:

Repeat both sides.



11 SHOULDER OPENER



12 DEEP LUNGE:

Repeat both sides.



13 HIP FLEXOR STRETCH:

Repeat both sides.

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Desk Workout



1 CHAIR MARCHES



2 DESK PUSH UPS



3 STANDING PUSH UPS



4 TOE REACH



5 CHAIR SQUATS



6 TRICEPS



7 ARM CIRCLES



8 BICEP CURLS

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