



“Active at work” circuit



WORKING OUT: GOOD FOR BODY AND MIND

General safety instructions

- Always use an armband to carry your phone and avoid looking at it during your training. In the staircase, use the outside wall as much as possible and hold the handrail. Be very careful when getting close to the doors.
- Despite wearing headphones, be aware of your surroundings. Keep the volume relatively low to hear ambient sounds.
- If you ever need to rest or drink water during the podcast, feel free to press pause and resume your exercises afterwards.
- If you feel unwell, avoid isolating yourself and seek help as soon as possible from nearby offices.





How to use the podcasts

Try out one of the podcasts. Once it's finished, assess the difficulty level. At the end of the series of exercises on the stairs, if you only experienced a little shortness of breath, you may want to progress to the next level.

After completing all three levels, try combining them to increase the duration and intensity of your workout.

RECOMMENDED PROGRESSION

STEPS	PODCASTS/LEVELS
1	1
2	2
3	3
4	1 + 2
5	1 + 3
6	2 + 3
7	1 + 2 + 3

AT WORK

Start by trying out one of the sessions yourself, then encourage your colleagues to do the same. However, be careful if exercising in a small group. For instance, do stair exercises in a single file.

AT HOME

If you have a stair or a step measuring 18 cm at home, you can do level 1 and 2 by going up and down the step. Make sure to follow the tempo prescribed for the stairs.

If you have more than 2 stairs (or a step that is 35 cm high, e.g. an aerobic step) you can also do level 3 at home.



Physical activity recommendations



ADULTS 18 TO 64

- Should do at least 150 minutes of moderate-intensity aerobic activity or 75 minutes of high intensity each week, or an equivalent combination (e.g. 50 minutes of moderate-intensity aerobic activity and 50 minutes of high intensity).

Ideally, distribute sessions of at least 10 minutes each throughout the week.

- Should also do moderate-intensity weight training exercises that work with large muscle groups at least twice a week. For example, a personalized weight training program with elastic bands or small weights prepared by a kinesiologist, a functional training or cross training class, etc.



LEVEL 1

Zen

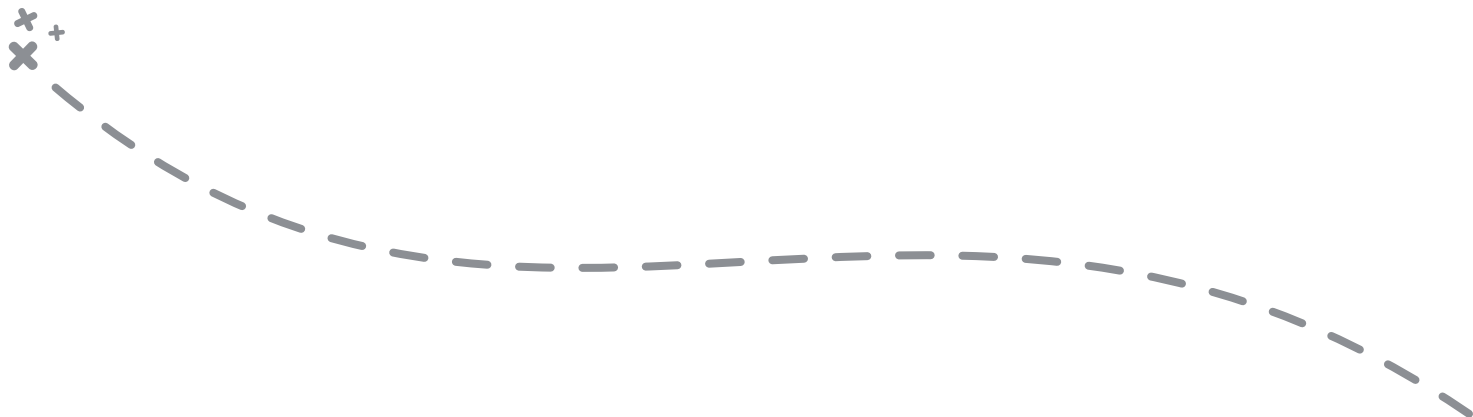
EXERCISE/ MOVEMENT	DURATION/ REP.	INSTRUCTIONS
Yes	5x	Nod your head as if saying YES. Breathe in when going up.
No	5x	Shake your head as if saying NO. Breathe in when in the center.
Shoulder circles (forward)	5x	Put your hands on the corresponding shoulders and rotate the shoulders forward. Keep your shoulders away from your ears.
Shoulder circles (backward)	5x	Rotate the shoulders backward. Keep your shoulders away from your ears.
Fast walk	45 s	Walk briskly while trying to keep up with the tempo. In place or in the space available.



LEVEL 1

Zen

EXERCISE/ MOVEMENT	DURATION/ REP.	INSTRUCTIONS
Alternating high knees	10x	Lift your knee up high, alternating from one leg to the other.
	10x	Stand tall (don't curl in on yourself).
Alternating butt kicks	10x	Feet spread wider than hips, bring the heel towards the same buttock.
	10x	Alternate legs, bending knees slightly during the transition.
Wall sit	30 s	Back against the wall, move your heels about 3 feet away from the wall. Feet are aligned with the hips. Bend your legs as if sitting on an invisible chair.



LEVEL 1

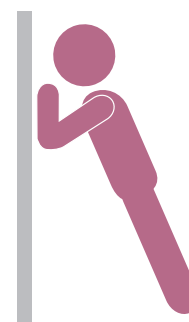
Zen



EXERCISE/ MOVEMENT	DURATION/ REP.	INSTRUCTIONS
Stair climbing	1 min	Go up and down the stairs respecting the tempo. This will be repeated for a total of 3 times.
Going down	1 min	
Going up	1 min	
Going down	1 min	
Going up	1 min	
Going down	1 min	



Wall plank	30 s	Place your forearms on the wall, elbows lower than shoulders. Move your feet away from the wall in order to keep your body straight. Tuck in the buttocks and pelvic floor. Squeeze abs.
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***If you want to do extra exercises from other levels or play another podcast, now is the time to do it.**

Abdominal breathing	2x	Standing up, breathe in deeply through the nose, swelling the abdomen, then the rib cage. Exhale slowly through the nose without forcing.
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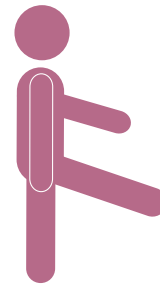
Congratulations, you took the time to move today! Before you go, take a moment to focus on how your body is feeling, how you are breathing, and how energized you are right now. Enjoy this newfound energy and carry it with you throughout the day.

See you soon!

LEVEL 2

Simply

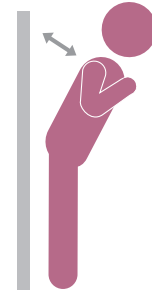
EXERCISE/ MOVEMENT	DURATION/ REP.	INSTRUCTIONS
Neck rolls (side to side)	5x back and forth	Drop your head down, and then gently swing it from side to side without rolling it back.
Fast walk high knees	45 s	While trying to keep up with the tempo, walk briskly, bringing your knees up high. In place or in the space available.
Sumo breathing	5x	Place your feet much wider than your hips by turning your toes out. Arms are on either side of the body.
Alternating soldier march	20x	Keeping arms and legs straight, march like a soldier, raising the leg and opposite arm. Stand tall (don't curl in on yourself).



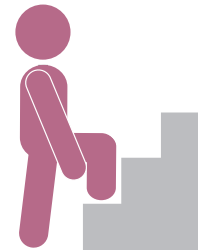
LEVEL 2

Simply

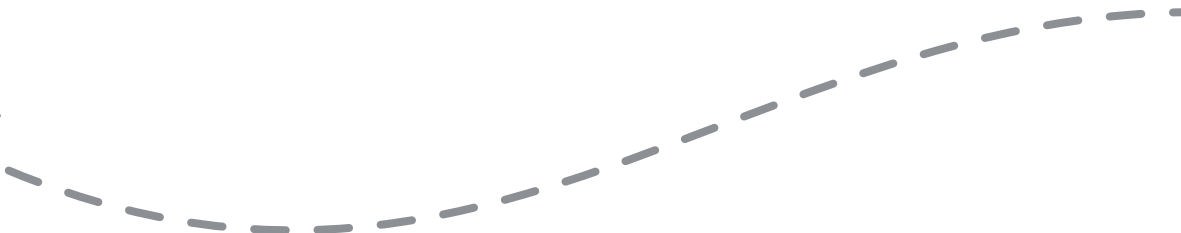
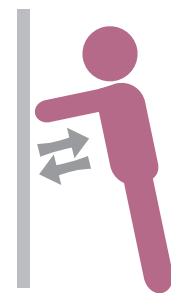
EXERCISE/ MOVEMENT	DURATION/ REP.	INSTRUCTIONS
Back-to-wall extension	8x	<p>Back against the wall, with your heels near the wall. Cross your hands on your chest.</p> <p>Keep your back straight and tilt your torso 45 degrees forward. Get back up slowly.</p>



Stair climbing	45 s	<p>Go up and down the stairs respecting the tempo.</p> <p>This will be repeated for a total of 3 times.</p>
Going down	45 s	
Going up	45 s	
Going down	45 s	
Going up	45 s	
Going down	45 s	



Wall push-ups	8x	<p>Facing the wall, arms extended forward, place your hands on the wall at least 10 cm lower than your shoulders. Move your feet away from the wall so that your body is straight. Feet together, tighten the buttocks and pelvic floor. Squeeze abs.</p> <p>Do not bring your nose forward and keep your chin tucked in.</p>
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LEVEL 2

Simply



EXERCISE/ MOVEMENT	DURATION/ REP.	INSTRUCTIONS
Knee plank (on a mat)	30 s	Using a floor mat, go down on your forearms and knees, moving your knees away to ensure your back is straight. Tuck in the buttocks and squeeze abs.
<p>*If you want to do extra exercises from other levels or play another podcast, now is the time to do it.</p>		
Abdominal breathing	2x	Standing up, breathe in deeply through the nose, swelling the abdomen, then the rib cage. Exhale slowly through the nose without forcing.



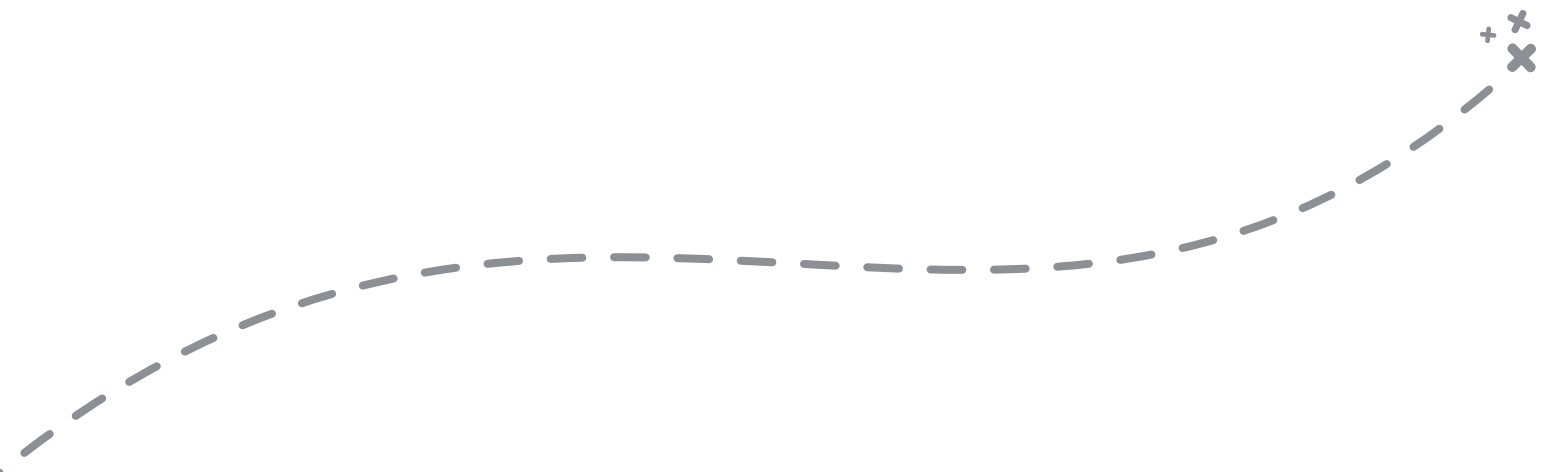
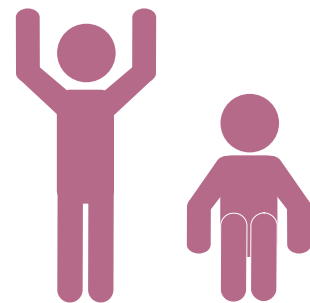
Before you go, take a few deep breaths and pat yourself on the back for finishing the level 2 circuit. You can now go about your day with a proud smile on your face and share your happiness with others.

See you soon!

LEVEL 3

Action

EXERCISE/ MOVEMENT	DURATION/ REP.	INSTRUCTIONS
Neck rolls (side to side)	5x back and forth	Drop your head down, and then gently swing it from side to side without rolling it back.
Lunges	60 s	Do lunges at your own pace. In place or in the space available.
Simplified clean and jerk	10x	Standing up with your feet hip-width apart, align your knee with the middle of your shoe. Arms are straight and on either side of the body. Lift your arms while breathing in. Bend your knees and sit on your heels while you exhale.

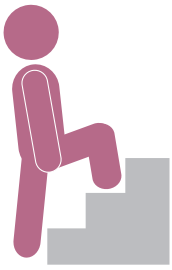


LEVEL 3

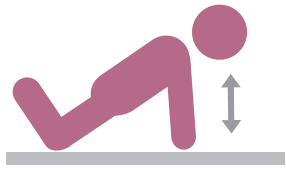
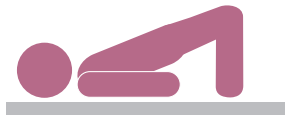
Action



EXERCISE/ MOVEMENT	DURATION/ REP.	INSTRUCTIONS
Stair climbing (two by two when going up)	1 min	<p>Climb the stairs TWO BY TWO, and then go down normally. Try to respect the tempo.</p> <p>This will be repeated for a total of 3 times.</p>
Going down, normally	1 min	
Going up, two by two	1 min	
Going down, normally	1 min	
Going up, two by two	1 min	
Going down, normally	1 min	



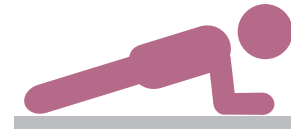
Half bridge (on mat)	30 s	<p>On the floor mat, lie on your back, knees together and bent, feet flat. Lift your buttocks.</p>
Push-ups (on knees)	30 s	<p>Turn around and get on your hands and knees, hands under the shoulders. Move your knees away to ensure your torso is straight. Tighten the buttocks and contract the abs and pelvic floor.</p> <p>To decrease the difficulty, do it with your hands on the wall.</p> <p>To increase the difficulty, do it on your toes.</p>



LEVEL 3

Action

EXERCISE/ MOVEMENT	DURATION/ REP.	INSTRUCTIONS
Plank (on feet)	30 s	<p>On the mat, get in plank position by getting on your hands and toes, making sure your body is straight. Tighten the buttocks and pelvic floor. Squeeze abs.</p> <p>To decrease the difficulty, do it with your hands on the wall or on the mat on your knees.</p>
<p>*If you want to do extra exercises from other levels or play another podcast, now is the time to do it.</p>		
Abdominal breathing	2x	<p>Standing up, breathe in deeply through the nose, swelling the abdomen, then the rib cage. Exhale slowly through the nose without forcing.</p>



Before you resume your workout, close your eyes, take a few deep breaths and congratulate yourself for the progress you've made so far by completing level 3! Enjoy this feeling of achievement; you did something great for your body and mind.

See you soon!

