

# WELL-BEING WEEK IN LAW

## ACTIVITY PLANNING GUIDE

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## WELL-BEING WEEK IN LAW

MON



**STAY STRONG**

Physical Well-Being

TUES



**ALIGN**

Spiritual Well-Being

WEDS



**ENGAGE & GROW**

Career & Intellectual Well-Being

THURS



**CONNECT**

Social Well-Being

FRI



**FEEL WELL**

Emotional Well-Being

**Activity Title:**

Get Moving

**Well-Being Dimension:**

Physical Well-Being

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### Activity Objective

To enhance motivation (and potential for fun) for engaging in physical activity.

### Well-Being Connection (How/Why Does this Work?)

#### Physical & Mental Health Are Closely Intertwined

Because physical and mental health are closely intertwined, our well-being practices should include behaviors to protect physical health. For example, regular physical activity can prevent and improve symptoms of depression and anxiety and can improve memory, attention, learning, and cognitive processing. On the other hand, sedentary individuals (e.g., people who sit most of the day) are at a higher risk for depression and a host of physical health problems (Firth et al., 2020; Powell, et al., 2019; Piercy et al., 2018).

The U.S. Department of Health and Human Services' 2018 [Physical Activity Guidelines](#) recommend that adults participate in

- At least 150 minutes of moderate to vigorous physical activity per week (with an ideal goal of 300 minutes or more per week) and
- 2 days per week of muscle-strengthening activity.

*Keep in mind that [all movement counts!](#) You don't need to go to a gym or own expensive equipment to get moving more. As Grayson Riegel (2021) tells us, [Don't Underestimate the Power of a Walk...](#) and many other activities you can fit into your everyday routines. All those little energy spurts can add up to a big positive impact on your well-being.*

### Procedure

#### 1. Tips To Get Moving More

- **Make a Plan.** Make a plan, set goals for yourself, and track progress. The CDC offers [free helpful worksheets](#) to do so.
- **Think of It As A Ladder.** If you don't already have an established routine, think of your progress as climbing a ladder. You need to start somewhere. [Start small](#)... and gradually add more. Don't overwhelm yourself. The more you do, the more you can do.
- **Focus on Immediate Benefits.** Motivate yourself by [focusing on feeling the immediate benefits](#) that flow from physical activity. Avoid obsessive focus on weight loss.
- **Choose What You Like.** We're much more likely to keep doing activities that we enjoy. So, when you select your physical activities, locations, and exercise partners, keep trying different things until you find what you like. Avoid choosing what you think you "should" do or doing them simply because everyone else is. Choose what sounds enjoyable to you.
- **All Movement Counts:** Choose to move at every opportunity. Even short bouts of activity matter for our physical and mental health. Some ideas are offered below.
- **Try Engaging in 3 Different Activities Per Week.** Recent [research found that](#) people who did more types of exercise also accumulated more total exercise. "In other words, although walking is good, it's even better to mix walking with swimming, strength training and dancing, for example" (Burfoot, 2020). Variety also helps keep exercise interesting.
- **Try Something New.** To energize yourself to get moving more and in different ways, try out some new types of physical activity that sound fun or interesting. Some ideas are below.
- **Recruit A Buddy.** [Working out with a friend](#) can help make it more fun and help you stay consistent.
- **Try Some "Green Exercise."** [Exercising outside](#) can have extra mental health benefits.
- **Plan For Barriers.** Think about [what gets in your way](#) of moving more, and plan ahead to deal with those barriers if they happen. For example, consider making an appointment with yourself on your calendar before it fills up with other obligations.

### Procedure

## 2. Add More Movement Throughout Your Day

At work and at home, try to move as much as possible:

### More Movement While Working

- Rather than driving, emailing, texting, or calling, walk whenever possible--to work, for a coffee break, to lunch, to talk to a colleague, etc.
- Regularly replace sit-down meetings with [walking meetings](#).
- Invest in (and use!) an [active work station](#), such as a treadmill desk or cycling desk.
- Do squats or calf raises, march in place, or use a resistance band while on the phone or waiting for anything.
- Use the bathroom that is furthest away from your desk.
- Use a timer to remind yourself to get up and move at least 3-4 minutes every hour.
- Take a quick [desk yoga](#) break. You can find a [Desk Yoga Activity Guide](#) here.
- When you drive (to your workplace office, to court, to visit a client), park further away.
- When traveling, [choose hotels](#) that allow you to walk or take mass transit and that have gyms or in-room exercise equipment options. At the airport, dress for action so that you can rack up rigorous steps between gates, during layovers, and while waiting.

### More Movement In Our Personal Lives

- Rather than driving, walk or bike whenever possible--to get coffee, go to the grocery store, for meals, etc.
- Actively play with kids or pets.
- While watching your favorite TV show, walk on a treadmill, ride a stationary bike, or do exercises like squats, lunges, and planks.
- Sit in a squat while reading a book.
- Don't try to carry everything at once--e.g., take multiple trips to bring in grocery bags.
- Sweep, vacuum, or mop.
- Wash the car with vigorous effort.
- Wash the dog.
- Mow or rake the lawn; sweep the garage, sidewalk, or patio.
- Dig in the garden.
- [Dance](#)--in structured dance classes or at home to your own tunes.
- Walk while talking on the phone to friends and family.
- Play sports and participate in active hobbies.
- On vacation, explore active entertainment and consider locations that don't require much driving.

### Procedure

### 3. Try Something New

Here are some ideas for trying out a new activity:

- Go for a [daily walk](#). To raise the intensity level, try [walking briskly for 30 minutes](#) or [interval walking](#).
- Bicycling--outside on a traditional bike, a cycling class, or a group stationary bike session. Here are [tips for beginning stationary bike riders](#) to avoid injury.
- Mountain biking.
- Jogging or running. Here are some [tips for beginners](#) and a [short video](#) on proper running form.
- 15-30 minute high intensity interval training (HIIT) workout. Here are some [tips for beginners](#).
- All types of [dancing](#). Here are some [online options](#) for aerobic dancing.
- Yoga. Here is a [guide for beginners](#).
- Pilates. Here are [tips for beginners](#).
- [Martial arts](#), such as Capoeira, Taekwondo, Karate, Escrima, Wing Chun, and Tai Chi, as well as [Jiu-Jitsu](#), Judo, and Aikido. Here are [3 Tai Chi moves](#) for beginners to try.
- Swimming. Check out this [guide for beginners](#).
- Play a sport, e.g., basketball, baseball, softball, football, volleyball, rugby, hockey, field hockey, soccer, tennis, pickle ball, racquetball, squash, golf, bowling, badminton.
- Kayaking, canoeing, or paddle boating.
- Surfing, body boarding, stand-up paddle boarding, water skiing.
- Snowshoeing, downhill or cross-country skiing, snowboarding.
- Hiking and camping.
- Rock climbing.
- Jogging on a small trampoline--called "[rebounding](#)" exercise.
- Light to moderate calisthenics (e.g., home exercises, back exercises, getting up and down from the floor) or heavy calisthenics (e.g., push-ups, sit-ups, jumping jacks, etc.). Here is a [full-body workout for beginners](#) that can be done at home.
- Treadmill [workout class](#).
- Rowing machine.
- Stair-climber or skiing machine.
- Water aerobics.
- Try out a session with a personal trainer.
- Take a group fitness class.

### Procedure

#### Try Something New (cont.)

- Strength-training. Check out these [tips for beginners](#) and a [guide for strength-training](#).
- Weight-lifting. Here are [tips for beginners](#).
- Play with a Frisbee or play catch with a baseball/softball.
- Go to the batting cages.
- Children's games, like hopscotch, 4-square, and dodge ball.
- [Skateboarding](#), roller skating, roller blading, ice skating.
- Parkour. Here's a [beginners guide](#) for all levels/ages.
- Video games that require physical activity (e.g., tennis, Beat Saber, dance).
- Take [ankle skip ball](#) or jump rope breaks. Here are [tips to get started](#) with jump roping.
- Enlist in a fitness bootcamp.
- Create a family treasure hunt.
- Build a backyard [obstacle course](#) for all levels/ages of your family (see a [two-year old](#) crush her backyard course.)
- Organize a [kid's triathlon](#) and train for it with your kids.
- Purchase [fitness dice](#) or [body weight exercise cards](#) and deputize a family member to throw the dice or choose a card every few hours.

#### 4. Post on Social Media!

During Well-Being Week in Law, inspire others to get moving by posting a photo engaging in your new activity. Use the hashtags #lawyerwellbeing and #wellbeingweekinlaw.

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### Sources & Resources

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