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Ohio Safety Congress & Expo

#394 Revitalizing the aging work force

Ashley Berberich, M.Ed., CHES, CPT

Wednesday, March 30, 2011
1:15 to 2:15 p.m.

Ohio | Bureau of Workers' Compensation

Session #395:
Exercise on Your Lunch Break Without Looking Like You Did

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Assistant Director of Fitness & Wellness, University of Cincinnati

Wednesday, March 30, 2011 2:30-3:30pm

To do....

....everything but prioritize your health!

Top Reasons to NOT Workout:

1. I don't want to sweat
2. It will make me feel tired
3. I don't want my co-workers to see me
4. Exercising is boring
5. Though you may start, you don't follow through
6. I don't have the time/other priorities
7. Not enough money
8. I just don't like to exercise
9. Not seeing any changes
10. I don't know what I'm doing

To do....

....everything but prioritize your health!

What are YOUR Reasons?!?

Ideas to help fit it in:

1. Enable yourself by being prepared
2. Exercise BEFORE you eat your lunch (and pack it)!
3. Take a walk outside!
4. Get a friend/co-worker to join you!
5. Limit your beauty routine/select times that allow for it if you can't!
6. Subscribe to newsletters!
7. Write it down!

To do....

....everything but prioritize your health!

Let's try some now!

STRETCHING

- Please take notes!

YOGA

- Please take notes!

STRENGTH BUILDING

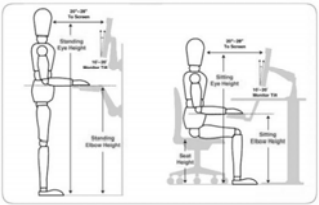
- Please take notes!

CARDIOVASCULAR

- Please take notes!

POSTURE

- Please take notes!

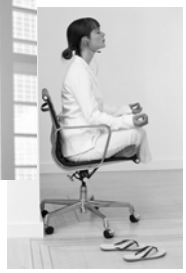


BALANCE

- Please take notes!

RELAXATION/MEDITATION

- Please take notes!



Questions?

- Please feel free to follow up with me via the following contact information:
  - Ashley M. Berberich
    - 513-290-0050 (cell)
    - 513-556-0510 (work)
    - AMBerberich@gmail.com
- Thank you for your attention!

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