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Introduction

FIT START is a start-of-shift warm up developed by experts at the Fitness Institute of Texas (FIT). FIT is a part of the department of Kinesiology and Health Education at The University of Texas at Austin. Their expertise combined with input from your peers, coworkers and supervisors helped create a program specifically designed for you and your needs.

Why a Warm Up Program?

The goal of this warm up program is to prepare your body for the demands of your job and help reduce the risk of injury. Injury can occur when your body is not ready to do what the job requires. A warm up is helpful in two major ways.

First, it gets blood to your muscles and joints that you use for moving your body and things you do for work.

Second, the warm up helps your brain and your muscles “talk” to each other better, which reduces the risk of injury.

For example, if you sit on the couch, your brain does not have to talk with your muscles because you aren’t moving. If you jump up and start work, your brain will try its best to tell your muscles what to do, but they may not “hear” well, and aren’t able to do what they need to do quickly or easily. Warming up your muscles gets your body ready to handle everything you need to do for your more effectively and safely.

FIT staff members met with your supervisors and coworkers to discuss some of the issues and injuries that are common to your job. This program focuses on the muscles that are tight on most people, and targets the muscles you use during your work shift. Warming up has also been shown to help you feel better and more aware of what is going on around you.

Is a Warm Up the Same as Stretching?

Stretching tries to make muscles longer by holding it in a stretched position for 20-30 seconds. This program is not stretching, but instead is designed to “warm up” the muscles.

Specifically, the Fit Start Warm Up helps the temperature of the muscles to increase, gets your joints and muscles ready to move better, and gets your brain talking with your muscles.

Stretching, when you hold the stretch without moving, does the opposite of warming them up. It helps the muscles and brain relax, cool down, and stop talking. Stretching is good after your work or activity, but the Fit Start Warm Up is better before activity or starting work.
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1. **Swing the Arms :: 20 SWINGS**

**Description:**
- Stand up straight. Feet as wide as hips. Head and eyes facing forward.
- Arms straight out to the side. Level with shoulders.
- Slowly **Swing the arms** backwards in large circle motion.
- Squeeze shoulder blades together as you circle your arms back.

**Muscles Worked:**
This warm-up focuses on your upper body. Specifically, it will work the muscles that help you with your posture and standing up tall & straight.
2. Twist the Body :: 20 TWISTS

Description:

- Stand up straight. Feet wider than shoulders.
- Arms straight out to the side. Level with shoulders. Palms down.
- Slowly Twist your upper body left and right.
- Keep arms out straight.
- Head and eyes facing forward.

Muscles Worked:

This warm-up focuses on your upper body and your back. Specifically, it will work the muscles that will allow you to twist and move your spine safely.
Description:

- **Alternate** your feet with one foot in front of the other. Use wall for support.
- Feet should be 2-3 feet apart.
- Bend both knees, **Sink** your body and back knee to the ground.
- Keep your front knee over your ankle.
- Perform 10 with the right foot forward, Switch legs & perform 10 with the left foot forward.

**Muscles Worked:**

This warm-up focuses on the front and back of your legs. Specifically, it works the muscles that remain unused and tight from many hours of sitting.
4. Reach & Fold :: 10 REACHES

Description:

- Stand up straight and keep back straight.
- Feet as wide as hips.
- **Reach** your arms straight above your head.
- **Fold** forward at the hips keeping legs straight.

**Muscles Worked:**

This warm-up focuses on your legs and your back. Specifically, it will work the muscles that you will be using to bend and lift objects during your shift.
Touch & Toss :: 10 TOSSES

5.

Description:
- Stand up straight. Feet as wide as hips.
- Squat and Touch your knees with your hands.
- Stand and Toss your arms upward as if you were tossing a ball into the air.
- Keep your back straight

Muscles Worked:
This warm-up focuses on your legs and your back. Specifically, it will work the muscles that you will be using to bend and lift objects during your shift.
1. **Turn & Open**

2. **Sit & Reach**

3. **Reach & Rock**

4. **Single leg stand & bob**

5. **March & Cross**
1. **Turn & Open :: 20 TOTAL TURNS**

**A**

**B**

**Description:**

- Base stance, feet as wide as hips
- Arms at shoulder height in front of the chest, palms facing each other
- Open your right arm behind you, turning your torso to the right, eyes following your hand
- Return to center, then open your left arm behind you and turn your torso to the left.

**Muscles Worked:**

This warm-up focuses on your upper body and core. Specifically, it will work the muscles that help you with your posture and standing up tall & straight.
2. Sit & Reach :: 20 TOTAL REACHES

A

B

Description:

- Base stance, feet as wide as hips
- Sit hips back and squat, hands touch knees
- Stand up, pushing through feet and Reach one arm straight up
- Lift the rib cage away from hips and follow your hand with your eyes
- Sit and squat again, reach the other arm up

Muscles Worked:

This warm-up focuses on your legs and your back. Specifically, it will work the muscles that you will be using to bend and lift objects during your shift.
### Reach & Rock :: 20 TOTAL REACHES

#### Description:
- Split stance, one foot slightly in front of the other
- Arms up, palms facing forward and elbows flexed to 90 degrees at ear height
- Lean to one side, **reach** your arm up and across, your bicep by your ear
- Hips can move/rock freely, feel the stretch under your rib cage and along your sides
- Switch foot position after 10 reps and repeat on the other side

#### Muscles Worked:

This warm-up focuses on your upper body and core. Specifically, it will open up the muscles around the middle spine which impact your posture and standing up tall & straight.
Stand & Bob :: 10 BOBS ON EACH LEG

Description:

- Hands on hips, **stand** on one leg, shoulders over hips
- Engage the core, lean or "Bob" the upper body forward slowly leading with the nose
- Return to the starting position, shoulders over hips
- Put one toe on the ground for stability and balance if needed
- Switch standing legs after 10 bobs

Muscles Worked:

This warm-up focuses on the front and back of your legs. Specifically, it works the muscles that remain unused and tight from many hours of sitting. It also works on your balance and stability which can reduce your risk of falling.
Description:

- Facing forward, hands to the side, march in place
- While marching, turn the torso and reach the arm across the body towards the opposite knee
- Keep posture tall, shoulders over hips
- 20 total march and crosses

Muscles Worked:

This warm-up is a full-body exercise. It targets the muscles used for everyday activities such as walking and lifting objects. This exercise will get your muscles warmer and ready for movement at work.
1. **Texas Two-Step**

2. **Balance & Row**

3. **Hip Toss**

4. **Y, T, I**

5. **3-Point Tap**
Texas Two-Step :: 20 TOTAL STEPS

Description:
- Starting with the right foot, step out to the right side
- Follow with the left foot and tap left foot to the ground next to right foot
- Step to the left with the left foot
- Follow with the right foot and tap right foot to the ground next to the left foot
- Complete 20 Total Steps (10 each direction)

Muscles Worked:
This warm-up focuses on the muscles on sides of your legs and works on balance and stability. Specifically, it works the muscles that provide support when standing and walking.
2. **Balance & Row :: 20 ROWS**

**Description:**
- **Balance** on one leg, either foot off the ground or one toe down for balance
- Reach arms out to the front, palms down
- **Row**, or pull arms towards the body, by bending elbows and squeezing shoulder blades back and together
- After 10 rows, switch standing legs and repeat

**Muscles Worked:**

This warm-up focuses on balance while warming up your upper back. Specifically, it will improve stability while working the muscles that help with posture and standing up tall & straight.
3. **Hip Toss :: 20 TOTAL TOSSES**

**Description:**
- Wide stance, feet slightly wider than hips
- Keeping back straight, sit back & squat slightly. Extend both arms across the body, reaching outside the Hip
- Pressing through feet, stand up and **Toss** your arms up and over the opposite shoulder
- After 10 tosses, switch sides for a total of 20 tosses

**Muscles Worked:**
This warm-up is a full-body exercise. Specifically, it will target all of the muscles used for lifting objects: Quadriceps, glutes (rear muscles), hamstrings, core and shoulders.
Description:

- Split stance, one foot slightly in front of the other
- Reaching up, form a “Y” shape with your arms, palms forward, back straight
- Bring arms back down then reach arms out to the side palms forward and make a “T” shape with the arms
- Bring arms down, palms facing hips, arms extended straight and pull shoulder blades back until an “I” shape is formed
- Complete the entire Y,T,I cycle 5 times, then switch feet position and repeat

Muscles Worked:

This warm-up focuses on your upper body. Specifically, it will work the muscles that help you reach with your arms and maintain good upright posture. Muscles include: rhomboids, rear deltoids, and trapezius.
Description:

- Stand tall and shift body weight to one leg
- Move leg forward and tap toe to the ground
- Move leg to the side and tap toe to the ground
- Move leg back and tap toe to the ground
- After tapping toe forward, side and back 5 times, switch legs and repeat

Muscles Worked:

This warm-up focuses on the feet and leg muscles. It warms up the foot and ankle and gets the lower body ready for activities that require balance and bending.
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<td>5.</td>
<td>Balance &amp; Tap</td>
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1. High Pull :: 20 TOTAL PULLS

Description:

- Split stance, one foot slightly in front of the other, back straight
- Reach arms up, hands shoulder width apart and slightly above head level
- Pull arms in by bending elbows and squeezing shoulder blades together
- After 10 pulls, switch foot position and repeat

Muscles Worked:

This warm-up focuses on your upper body. Specifically, it will work the muscles that help you with your posture and standing up tall & straight. Muscles used: rhomboids, biceps and trapezius.
Twist & Punch: 20 PUNCHES

Description:

- Stand with feet slightly wider than hips, elbows bent, fists together under the chin.
- Squat down slightly, keeping back straight.
- Press through your feet and stand up, twist the torso from the waist up and perform a punch across the body.
- Return to starting position, squat then stand and twist the torso to the opposite side performing a punch across the body.
- Keep the back straight.

Muscles Worked:

This warm-up is a full-body exercise. Specifically, it will target all of the muscles used for lifting objects: legs, core and shoulders. It also increases your heart rate and gets blood flowing to your muscles.
3. Standing Bird Dog :: 20 TOTAL REPS

Image A

Image B

Description:
- Standing straight, arms down by your side, palms facing back
- Shift weight to one leg, raise the same arm straight up until your bicep is by your ear
- At the same time, extend the opposite leg back
- Keep your back straight
- Alternate lifting opposite arms and legs and complete 20 reps

Muscles Worked:

This warm-up focuses on your upper and lower body. Specifically, it will work the muscles that help with posture and balance: erector spinae (back), glutes (rear), and rear shoulder.
4. LEG LIFTS: 20 TOTAL, 10 Each Leg

**Description:**

- Standing straight looking forward, hands to the side, abs pulled in and shoulders back
- Keeping your balance, slowly **LIFT** the right leg out to the side then bring it back
- Complete 10 lifts standing on the right leg, switch legs and complete 10 lifts standing on the left leg

**Muscles Worked:**

This warm-up focuses on the muscles of the outer hip and leg. Specifically, it works the muscles that provide support when standing and walking. The main muscle worked is the abductor (outer hip).
Balance & Tap :: 20 TOTAL TAPS EACH LEG

Description:

- Standing straight, hands to the side, looking forward
- Shift weight to one leg and slightly bend this knee while keeping opposite leg straight
- Keeping back straight, lean forward keep your leg straight and TAP your toe behind you
- Now, lean back, bring your straight leg forward and TAP your toe in front of you
- After 20 total taps, switch the supporting leg and repeat

Muscles Worked:

This warm-up focuses on the front and back of your legs. Specifically, it works on balance and the muscles that help with balance and walking: quadriceps, glutes and core.
Nutrition for a Healthy Lifestyle

My Plate:

1. **Vegetables**: Broccoli, lettuce, greens, peppers, onions, etc.
   a. Choose fresh or frozen, avoid canned if possible.
   b. Aim for 2-3 cups per day or ½ your plate fruits and veggies!
2. **Grains**: Bread, pasta, tortillas, crackers, rice, grits, oats and cereal.
   a. Strive for 35!! Trying to eat 35 grams of fiber per day can help keep your weight down and your heart healthy!
   b. Try to select at least ½ of your grains from **WHOLE GRAIN** sources.
3. **Protein**: Beef, chicken, turkey, pork, fish, shrimp, eggs, and all types of beans.
   a. Try to avoid unhealthy fats by choosing lean cuts of meat such as skinless chicken and turkey breast, beef sirloin or ground beef with less than 10% fat, seafood, and egg whites.
   b. Aim for 5-6 oz. equivalents per day. (1 small steak = 3 ½ - 4 oz equivalents)
4. **Fruits**: Berries, melons, oranges, bananas, apples, etc.
   a. The more colorful, the better!
   b. Eat fresh fruit over juice for more fiber and less calories.
   c. Make ½ your plate fruits and veggies!
5. **Dairy**: Milk, cheese, and yogurt.
   a. Try to get at least 3 servings of a low-fat or fat-free dairy each day to help with weight maintenance and promote healthy bones!
   b. 1 serving= an 8oz glass of milk, a 1 oz slice of cheese, or a 4-6oz yogurt.

**FIT’s Top FIVE:**

1. **Don’t drink your calories!** Most sodas, juices, and energy drinks are high in sugar and calories. Try to select skim milk or water when choosing a beverage. If you do not like water (or just need that soda fix), try selecting calorie free flavored beverages such as diet soda or flavored sparkling waters.
2. **Shop the perimeter of the grocery store.** The outer ring of the grocery store tends to be where you will find the most “whole” foods; i.e. fruits, vegetables, cheese, milk, eggs, and meats. The inner aisles have a tendency of sucking you in to purchase highly processed, calorie-dense foods. If you must brave these aisles, take a list and stick to what is on it. This will not only help keep you healthy, it can help save you money, too.
3. **Do NOT skip meals.** Your body needs energy all day long. When you skip a meal, your metabolism perceives that you are starving and slows down. This means you retain more fat in the moment and store more fat the next time you eat. Keeping quick and easy nutritious snacks can help make sure you are feeding your metabolism every 3-4 hours. Nutritious snacks include: Granola bars with less than 10 grams of sugar, 5-10 almonds, string cheese, raw fruits and vegetables, light popcorn, and turkey jerky.
4. **AVOID DEEP FRIED FOODS!** Deep fried foods are loaded with calories and unhealthy fats. Try baking some of your favorite deep fried snacks. For example, home baked French fries have half the calories and 1/3 of the fat of deep fried French fries.
5. **Move after you eat.** Even if it just a 10 minute walk or a 10-15 squats, movement after eating can help manage your blood sugars, improve digestion, and burn some calories.
Healthy Eating On The Go

**Fast Food Tips**

**Choose Healthier Options:** In order to have a healthy diet, you don’t have to avoid fast food restaurants all together, just choose the healthier options. Be sure to stay away from supersized meals, added salt, bacon, and excessive sauces.

**Wendy’s:**
1. **Spicy Chicken Go Wrap:** 330 calories, 16g fat, 17g protein
2. **Jr. Hamburger:** 250 calories (290 calories w/ cheese), 2g fat, 14g protein

**McDonald’s:**
1. **Grilled Chicken Classic Sandwich:** 350 calories, 9g fat, 28g protein
2. **6 Piece Chicken McNuggets:** 280 calories, 18g fat, 13g protein

**Burger King:**
1. **3 Piece Chicken Strips:** 360 calories, 19g fat, 14g protein
2. **Veggie Burger** (without Mayo): 320 calories, 7g fat, 22g protein

**Chick-fil-A:**
1. **8 Piece Chicken Nuggets w/ Small cup of Fruit:**
   - 270 calories + 50 calories = 320 calories
   - 13g fat + 0g fat = 13g fat
   - 28g protein + 0g protein = 28g protein
2. **Grilled Market Salad w/ Reduced Fat Berry Balsamic Vinaigrette:**
   - 180 calories + 110 calories = 290 calories
   - 4g fat + 4g fat = 8g fat
   - 25g protein + 0g protein = 25g protein

**Subway:**
1. **6" Turkey Breast:** 280 calories, 4g fat, 18g protein
2. **6" Subway Melt** (without bacon): 320 calories, 7g fat, 20g protein

**7/11:**
1. **Yogurt Parfait:** 230 calories, 5g fat
2. **Very Berry Salad w/ Chicken** (no dressing): 210 calories, 15g fat, 8g protein

**Avoid High Calorie Sauces:** Many people forget that adding large amounts of dressing or sauces to a meal can instantly take it from healthy to unhealthy. Try some of these lower calorie options in moderation. Lemon juice or oil and vinegar is always a great substitute for salads.

1. **Ketchup** = 10 calories/ packet
2. **Spicy Buffalo Sauce** = 35 Calories/ packet
3. **Sweet ‘N Sour Sauce** = 45-50 Calories/ packet

**Healthy Beverage Options:** Sodas are packed with calories and sugar that can potentially lead to weight gain and diabetes. It’s a good idea to replace soda with one of the following options.

1. **Diet Beverages:** Diet drinks are a great way to relieve your soda fix without the added calories. Be sure to have these in moderation due to the unknown long term effects.
2. **Iced Tea or Coffee:** Tea and coffee alone contain almost no calories and will give you a caffeine boost without the extra calories and sugars.
3. **Water:** Plain old water is the best calorie free beverage choice. If it is too boring for you, try adding lemon, some fruit or using a water substitute like Vitamin Water Zero or Crystal Lite.
Packing an Affordable, Healthy Lunch

The Basics:

Plan Ahead: We typically make poor eating choices when are without healthy options. Planning your meals ahead of time eliminates this obstacle. Follow the steps below to prepare your lunch items ahead of time and then the night before simply place them in your bag for a healthy, affordable lunch.

1. Schedule time each week to plan a “lunch menu”. This can be as simple or as detailed as you’d like.
2. Go to the grocery store and only buy the healthy items you have planned. This way you’re not tempted by the “junk” food in the pantry.
3. Pre-cut all vegetables and fruit and place into baggies or containers.
4. If you decide to use a batch cook method, prepare the dish and divide into single servings.

Include Healthy Snacks: When you’re working for 8 hours straight, it’s important to have a healthy grab and go snack with you to hold you over until the next meal. Try packing some of these with you next time.

1. **Fruit:** Bringing an apple, orange, or banana with you is always an easy snack. These can easily be paired with nuts, yogurt, cottage cheese, or peanut butter for a quick, filling snack.
2. **Hummus & Veggies:** Instead of pairing hummus with crackers that can be calorie dense, try bringing pre-cut veggies instead. They are cheaper and more nutritious!
3. **String Cheese:** Low-fat string cheese is a great quick and easy snack that gives you a little bit of Calcium for only 50 calories! This can also be paired with fruits or vegetables if you need a little more to fill you up.

Get the Right Gear: Lunch boxes and Tupperware can be expensive. As long as you have access to a refrigerator, there is nothing wrong with the classic brown bag. Instead of using expensive Tupperware, why not reuse plastic or glass containers. This way you can have everything separated and ready to go without the extra cost.

Examples:

**Sandwiches:** It’s easy to change up your typical turkey sandwich while adding nutrients to your sandwich.

1. **Change up the breads.** Instead of using plain whole wheat bread, try using pita bread or a wrap.
2. **Choose lean meats or proteins.** If you get bored with deli meats, try grilling some meat ahead of time or using leftovers from the night before. This also helps to lower your sodium intake from the deli meats.
3. **Turn up the veggies!** Try adding spinach, tomatoes, sprouts, onions, or bell peppers to a traditional sandwich to make it more exciting without the added calories and get a serving of vegetables.

**Salads:** Salads are the easiest meal to bring to lunch is you plan ahead.

1. As soon as you purchase your vegetables from the store, **pre-wash and cut everything** so it is ready to go. That way all you have to do is pull the containers from the refrigerator and place them in your lunch bag.
2. Portion out a couple tablespoons for low-fat or low-calorie salad dressing.
3. When you are ready to eat your salad, mix everything together and enjoy. Bringing everything separately helps keep the integrity of the vegetables and prevents them from becoming soggy.

**Leftovers or Bulk Meals:** Leftovers are always an easy option when packing your lunch. Just remember to only bring 1 serving with you and that it is low calorie and
Making one big meal on Sunday and then dividing it up into pre-portioned containers saves a lot of time and stress during the week. Here are some healthy recipe options.

1. **Vegetable Fried Rice**: To make this dish simply add the cooked brown rice into the pan and sauté with vegetables such as asparagus, broccoli, or bell peppers. Once the vegetables are barely tender, add in the egg or egg whites (for lower calories) and continue to sauté until done. Add garlic, ginger, or low sodium soy sauce to make the dish have more flavor.

2. **Mexican Quinoa**: This dish is a nice way to add a little protein to the traditional Mexican Rice dish. You start off by heating olive oil in a skillet and then add rinsed quinoa and chopped onions. Heat these until the onion is translucent. Then add minced garlic and chopped jalapeno and cook until slightly softened.

   Next, mix 1 can of undrained diced tomatoes with green chilies, taco seasoning mix (or seasonings of your own) and chicken broth. Bring to a boil and then let simmer until all liquid is absorbed. If you think this won’t fill you up, add some lean ground turkey breast as well.

**Ready-Made Meals**: Pre-made frozen meals or canned soups are the easiest way to stay within your calorie goals and budget. They can be high in sodium, so it is best to try to limit to one a day or 5 a week. You can pair these with a salad or fruit to help you feel fuller longer. The brands below do differ in taste and price, so choose the one that fits your palate and your budget.

   1. **Healthy Choice**: Healthy Choice offers a variety of meals that are either steamed, baked, Mediterranean, top chef, or complete meals that include sides. They offer at least 10 different meals in each category that have less than 300 calories.

   2. **Lean Cuisine**: Lean Cuisine meals have a range of calories from around 200 to 400. These also include salads and snacks. You may also go online to receive coupons for a variety of products.

   3. **Smart Ones**: Weight Watchers developed Smart Ones to help individuals include the typical “non-diet” foods in their diet, while still being able to lose weight and be healthy. Their dishes range from 150-410 calories, with the majority being under 300, and are all low fat, high fiber meals.

If you need help with increasing your physical activity or healthy eating, please contact The Fitness Institute of Texas.

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