

FIT Start Booklet



CUSTODIAL SERVICES WARM UP PROGRAM

FITNESS INSTITUTE *of* TEXAS™

THE UNIVERSITY OF TEXAS AT AUSTIN

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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 that are needed for activity or job demands. This movement of blood also “warms up “ your body.

Second, the warm up increases the communication between your brain and your muscles, which reduces the risk of injury.

For example, if you sit on the couch, your brain does not have to communicate with your muscles. If you quickly jump up and start work, your brain will try its best to communicate with the muscles, but will not be prepared to do so. Warm up of the muscles gets our bodies ready to handle the duties of the job more effectively and safely.

FIT staff members met with your supervisors and peers to discuss the issues and injuries that are common to your job. This program focuses on the muscles that are commonly tight on all of us, and muscles that you need to work properly during your shift. Warming up has also been shown to make you feel better and more alert.

Is a Warm Up the Same as Stretching?

No. Stretching tries to increase the length of a muscle by holding it in a longer position for 20-30 seconds. This program is not stretching, but instead is designed to “warm up” the muscles.

Specifically, the Warm Up allows the temperature of the muscles to increase, the muscles to get ready for movement, and gets the brain communicating with the muscles.

Stretching, as described above, actually does the opposite; it relaxes the muscles, decreases blood travelling to the muscles, and tells the brain that communication is not needed to the muscle...since it is relaxing. Although stretching is really good after activity, the Warm Up is preferred before activity or the work shift.

FIT START Movements

FIT START is not exercise, rather is 5 simple movements used to meet the needs of a warm up as described above. **NOTE:** Perform the movements to the best of your ability, and do not force yourself to do the full movement if you cannot do it. You will get better over time. The important thing is that you are moving. Stand tall and think about keeping good posture. Move slowly.

S

Swing the Arms :: 20 SWINGS



A

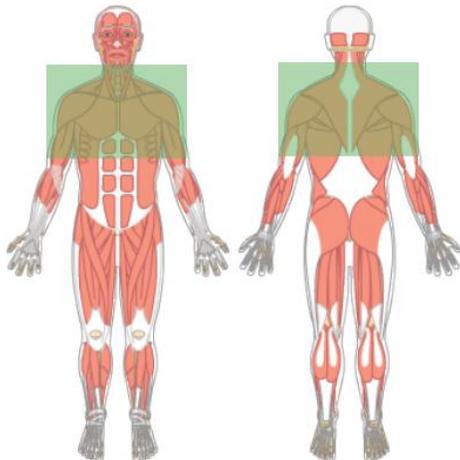


B

Description:

- Stand up straight. Feet as wide as hips.
- 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.

T

Twist the Body :: 20 TWISTS



A

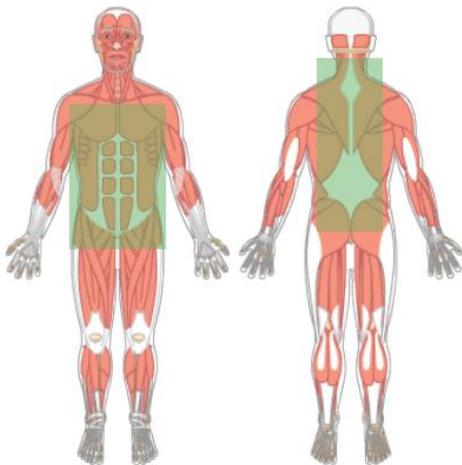


B

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.

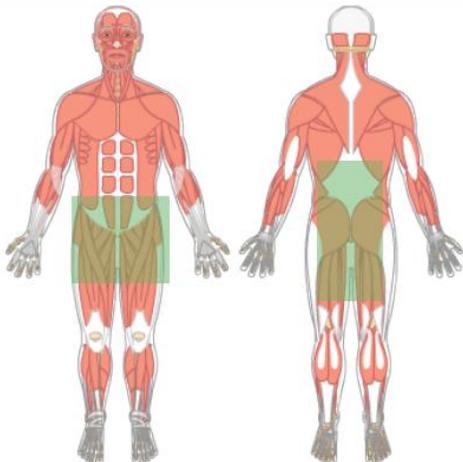
Muscles Worked:



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.

A**Alternate & Sink :: 10 SINKS****A****B****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 straight toward ground.
- Switch legs & Repeat.

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.

R

Reach & Fold :: 10 REACHES



A

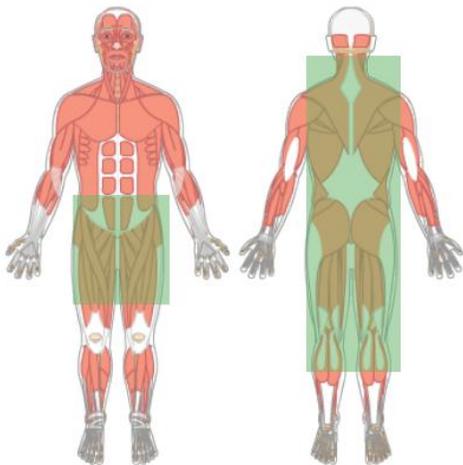


B

Description:

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

T

Touch & Toss :: 10 TOSSES



A

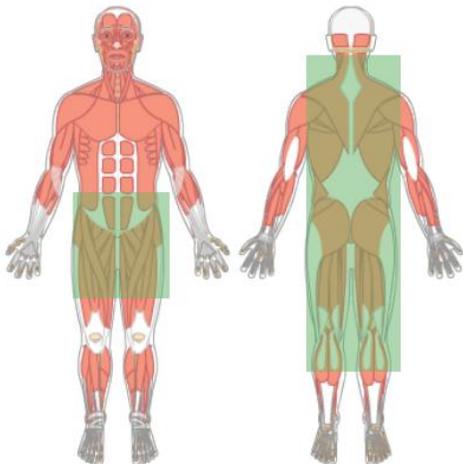


B

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.



Nutrition for a Healthy Lifestyle

The Food Guide Pyramid:

1. **Grains:** Bread, pasta, tortillas, crackers, rice 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.
2. **Vegetables:** Broccoli, lettuce, greens, peppers, onions, etc.
 - a. Prepare by either steaming or boiling.
 - b. Choose fresh or frozen, avoid canned if possible.
3. **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.
4. **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.
5. **Meat and Beans:** 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 eggwhites.
 - b. Beans are high in fiber and nutrients, however should be prepared without fats such as lard or pork fat.

FIT's Top FIVE:

1. **Don't drink your calories!** Most sodas, juices, and energy drinks are really 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 nutritious snacks around that are quick and easy 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.



Being More Active

If you would like to be more active outside of your work shift, consider [FIT's Top 8 Tips](#):

1. Limit how much time you sit.

You can burn an extra 200-300 calories just by walking around for 1 hour each day, instead of sitting. Great health improvements can be seen in people that can get 150 minutes per week of moderate activity, such as walking at 2.5 miles per hour or gardening.

2. Set small goals.

Set a goal to be active for today and tomorrow. Then tomorrow, set a goal for the next day. Take it day to day or week to week.

3. Start small.

In the beginning, make time to be active for 10 minutes. You can add time as you start making activity more of a habit. Also, start with setting time aside to be active 1 day per week, then after a few weeks go to 2-3 days per week.

4. Find activities you like.

Find activities that you like, as it will be much easier to do them. Go for a nice hike, walk the dog, play tennis, start a garden, play horseshoes, or go for a bike ride.

5. Find a workout buddy or group.

Having someone to be active with can help keep you accountable, and make the activity more fun.

6. Monitor your progress.

Write down your activity and how many minutes you go for, or use a pedometer to track the number of steps you get each day. (*Hint*: The goal is 10,000 steps per day). Think about your goals and how all the little things you do day to day impact these goals.

7. Plan for being active.

Physical activity does not typically just happen, so we must make plans to be active. Also, by scheduling your time to be active, you may be more motivated to do it and less likely to forget about it.

8. Alter you Environment.

How easy is it for you to be active or eat healthy at home? A great first step is to set up your home environment so that it is easy to eat healthy and easy to be active. For example, trying to eat healthy when you are surrounded by junk food is difficult.

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

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