

BODYTalk

How To Work Out At Work

YOU don't have to leave work to exercise. You can work out at work. Doctors and physical fitness professionals say the average workplace contains a number of objects—desks, chairs, stairs and walls—that can be used for stretching and exercising. A workout doesn't have to last a full hour. A few minutes of repetitive motion gets the heart and lungs pumping and stretches are better than sitting behind a desk wishing for time to go to the gym.

Chicagoan Marsha Eaglin finds several ways to work out at her hectic job as a news producer. Her routine helps her reduce stress and reduce her weight. She has lost two dress sizes in eight months.

Eaglin starts her day doing stretching exercises before she gets out of bed. She then walks several blocks from her home on the South Side of Chicago to a train station. When she gets off the train, she walks almost two miles to her downtown office and sometimes adds a few extra blocks to her walk.

Once she begins her workday, Eaglin, 40, a Midwest regional producer for Network News Service, which supplies news to ABC, CBS and Fox News, rarely finds time to leave her desk. She stays in front of her computer, looking for stories about breaking news events. The constant sitting and computer work, she says, make the muscles in her

Exercising at work can be as simple as taking the stairs instead of the elevator.



hands, arms and hips stiffen.

To relieve stress while being stuck at her desk, Eaglin flexes her ankles, drinks 32 ounces of water daily and works on firming her abdominal muscles by contracting and releasing them. When she gets a chance, the single mother of a 17-year-old daughter and 7-year-old son does arm exercises as she walks down the hallway and deep knee-bends in the ladies' room.

More and more African-Americans, fitness experts say, are adapting this routine by stretching, exercising and walking at work and not waiting until they are at home or in the gym.

STRETCHING

Personal trainers, physical therapists and chiropractors recommend different movements to help