



## Invest in Your Wellness with Wellness Works®

Welcome to the UBA Partner Firm exclusive newsletter focusing on your biggest and most personal asset – wellness.

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- Give Your Brain What It Needs: Movement
- App Review | *Map My Run by Under Armour*

### Give Your Brain What It Needs: Movement

More than 85% of Americans sit during work hours. The repercussions of a sedentary job are more significant than just a sore back. Research shows your mind craves movement as well as your body.

Your focus, creativity, and problem-solving skills increase when you are active.

So how can you increase physical activity while meeting the demands of a desk job? There are simple ways to add movement to your day.

#### 1. Look for opportunities to stand up.

For example, introduce yourself in person instead of sending a welcome email to a new employee. Store your lunch in the breakroom to get some steps before eating. Opt to take the stairs instead of the elevator. Stand up while on video calls.

#### 2. Challenge yourself at your desk.

On busy days, look for the chance to move while sitting. Engage your core by sitting on an exercise ball. Try a standing desk or treadmill desk while answering emails.

### 3. Make it a group effort.

Schedule walking meetings with coworkers. A side-by-side format increases creative solutions by 60% and can make difficult conversations much less intimidating. Create a Slack or Teams channel where colleagues can share their favorite desk exercises. Start team meetings with a five-minute stretch.

### 4. Use technology to your advantage.

Apps on your phone enable you to work while moving. Identify blocks of time where you can participate on the go. For example, can you answer Teams messages while doing a few leg lifts? Or get a few steps in while answering emails?

A sweaty workout may come to mind when you think of exercise. But getting regular movement during your day also benefits your body and mind. Do you need more motivation? Ask a colleague (or your team) to join you. There is a good chance this will lead to more creative ideas back at your desks.

## App Review: Map My Run by Under Armour

[Map My Run](#) is a coaching and training tools to support running or walking goals, includes nutrition guidance, and boasts an active community of 60 million runners.

### Google Play Store Average Rating

4.7 (408,000 reviews)

#### Pros

Described as easy and accurate. Offers personalized coaching tips – posture, foot positioning, and stride – to fine-tune running technique. Bluetooth syncing options are available for watches or Under Armour shoes.

#### Cons

Bugs identified in the training plan voice coaching and syncing features. Problems were reported in saving workouts and routes.

### Is this app right for you?

You want to start a running, walking, or hiking routine and need help to stay motivated, track your exercise, and identify running paths in your area.