

# A Benefit For You

BEST CARE EMPLOYEE ASSISTANCE PROGRAM

## EAP NOTES



### Alternative Fitness:

#### *Trading in weights for watering cans, leashes, and more*

Spring has sprung. The smell of freshness and flora fills the air. What a joy to look out the window and see flowers in bloom. Until you see them, out of the corner of your eye---weeds---a gardener's nemesis. No problem, simply pull them and you're done. Until the next day---sore muscles. Who knew that gardening is such a great workout! Exercise is important for your overall wellness and a great stress reliever. However, if you don't enjoy traditional workouts, consider gardening or any of the other following activities to give you a healthy start this spring.

- ✦ **Gardening and yardwork** provide a workout without leaving home. Simply watering the flowerbed won't do it. The key to an overall body workout is varying your horticultural activities. Integrating several different gardening tasks can maximize the workout each muscle group receives.
- ✦ **Take your dog for a walk.** Walking is not only great for you, but also well needed exercise for your furry friend. If you don't have a pet to walk, no problem. Consider volunteering at your local animal shelter to walk and exercise the animals. In addition, volunteering is great exercise for your spirit. You may even find a new best friend.
- ✦ **Spring-cleaning** is something that must be done. So, why not incorporate a workout into your cleaning routine. When picking up toys don't simply bend over, try doing squats instead. Or leg raises while cooking or cleaning countertops. Ever try vacuum lunges?
- ✦ **Yoga at work.** Yoga can energize and help you stay focused at work. Breathing and stretching exercises can be easily done while sitting at your computer.
- ✦ **Dancing is exercise too.** With the popularity of Swing and Latin dancing, there are lots of classes and opportunities to learn new steps. It's a great way to socialize and exercise at the same time.
- ✦ Thinking about **sprucing up a room** in your home? Painting, woodworking, and decorating can burn calories and build muscle. The new space may even regenerate your spirit.

#### Tips to getting Started

1. Schedule your workouts.
2. Workout with a friend.
3. Set small goals each week.
4. Reward yourself when you reach your goals.

*For more information on getting started or the importance of exercise to your overall wellness, contact your Best Care EAP. For a confidential appointment with a professional counselor, please call (402) 354-8000 or 800-666-8606.*

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*Best Care*  
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