



GME Wellness Sub-Committee Newsbyte

Physical Activity

Physical activity guidelines for adults recommend at least 150 minutes of moderate intensity aerobic activity or at least 75 minutes of intense aerobic activity per week. Additionally, strength training type exercise is recommended twice weekly. We all have busy schedules and medicine is stressful, so how can we fit this in?

The good news is that activity of any duration now counts under new guidelines released in 2018 making stacking short sessions of activity one option for those really busy days when fitting in a half-hour at the gym is not possible. Simple changes such as standing whenever you can at work, taking the stairs, walking across the street to the hospital rather than driving, can all make a difference.

Encourage your faculty, residents/fellows, students and staff to do “walking didactics” outside this time of year. Getting away from the PowerPoint and walking is a great way to practice “mental modeling” and creative problem solving while talking about cases, quality initiatives, and process improvement. Movement inspires creative thinking!

The lunch hour (although really, when was the last time you had an hour for lunch?!) is a great time for a walk, some squats at your desk, or my favorite office exercise: planks! (Sit-ups are horrible for you just in case you are thinking about doing some core work over lunch). Stationary bikes, ellipticals, and other equipment at home can make it easier to get in a few steps while binge-watching Netflix. Just be careful your wellness investment does not become a laundry rack!

-Dr. Nathan Falk