

Fitting News

Physical Activity Increases Happiness



Noting that an association between happiness and physical activity had been shown over the short-term, researchers wanted to find out if the effect was the same for long-term participation in physical activity. Using data from Canada's National Population Health Survey (1994/1995 and 2008/2009), people who said they were happy at baseline were classified as active or inactive.

After two years and after four years, people who engaged in leisure-time physical activity had a lower risk of becoming unhappy. After two years, people who were inactive were twice as likely to be unhappy compared to people who were active. Those who changed from being active to being inactive had an increased risk of becoming unhappy.

SOURCE: American Journal of Epidemiology, 176 (14):1095-1100 (December 2014)

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Get Fit for the New Year: Create New Habits / Exercise Snack 1 - Legs

As a personal trainer, I look at the body as a remarkable machine capable of extending its battery life with just a few tune-ups each day. If you don't have time to wait until you get home to exercise or don't want to get up little earlier, here are a few simple exercises you can do at the office or wherever you spend most of your day. Start the year differently!



Perform ten repetitions in two sets. Be sure to do ten reps on each leg when the exercise calls for it.

- **SEATED JACKS** – Seated on the edge of your chair, position the loop above the knees. Move the legs slowly apart and together – i.e. similar to traditional standing jumping jack! To increase the intensity, use your arms and lift both feet off of the floor one to two inches throughout the exercise.

Training Tip: Engage the core muscles, lengthen the spine and maintain the shoulders vertically over the hips. Avoid leaning over too far back.

- **CHAIR SQUAT** – Seated on the edge of your chair, position the loop, flat above the knees and maintain slight outward tension on the loop. Stand up from your chair (the goal is to not utilize the arms for assistance) and then return to a seated position. To increase the intensity, raise up on your toes before sitting back down (slowly).

Training Tip: Do not do this on a chair with rollers.

SEATED LEG EXTENSION – Seated on the edge of your chair, position the loop above your ankles. Lift one foot one to two inches off the floor; straighten and bend the knee kicking the leg forward. Complete 30 seconds on each leg.

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Disclaimer: Always consult your physician before beginning any exercise program. This general information is not intended to diagnose any medical condition or to replace your healthcare professional. If you experience any pain or difficulty with these exercises, stop and consult your healthcare provider.