

# How to Exercise Right at Work

## JOBSEEKER

If you have recently left your job, and are currently on the search for more work, it is essential to stay physically active and mentally sharp. Regular exercise can play an important role in staying happy and healthy while you are looking for work.



### + COMMON HEALTH RISKS FOR JOBSEEKERS

According to 2007 Australian Bureau of Statistics (ABS) National Survey of Mental Health and Well-being, those unemployed or not in the paid workforce had the highest rates of mental disorder, a prevalence rate of 26% for unemployed men and 34% for unemployed women.

### ? WHY IS EXERCISE SO IMPORTANT?

Particularly for those on the job hunt, regular exercise can help ease the blow of job hunting blues by allowing job seekers to cultivate skills and attitudes that are not only helpful on the job hunt, but also when it comes to long-term career success.

The benefits of participating in exercise also include:

- Maintaining a healthy weight
- Boosting mood and energy levels
- Improving quality of life
- Improving functional capacity and independence
- Improving cognitive function



## EXERCISE RIGHT RECOMMENDS

### TAKE YOUR WORKOUT OUTDOORS!

Consider getting outside or going for a walk in the local park. This can be completed each day, without the worry of a gym membership. A research team from the Peninsula College of Medicine and Dentistry found that outdoor exercise was associated with increased energy and revitalization, as well as decreased confusion, anger, depression and tension, when compared with exercising indoors.

Outdoor participants in this study also reported enjoying their workouts more and said they were more likely to repeat them than those participants who exercise indoors.

### MAKE YOUR MOVEMENTS MINDFUL

Try and engage in activities that promote mindfulness and relaxation. Think yoga, Pilates, or Tai chi. YouTube is a great (and free) treasure trove of resources.

### FIND A TIME THAT WORKS BEST FOR YOU (AND STICK TO IT)

The best time to exercise depends on when you have the most energy and motivation.

Once you find a time that works for you, try to stick to it. Not only will it become a habit (like brushing your teeth before bed), but studies show that once your body adjusts to exercising at a specific time each day, it will start to perform better at that time than any other time of the day.