



2022 NSCA *NATIONAL* CONFERENCE

July 6-9, 2022 | New Orleans & Online
#NSCACon22

› *KNOWLEDGE*
› *ADVANCEMENT*
› *COMMUNITY*

CONFLICT OF INTEREST STATEMENT

I have no actual or potential conflict
of interest in relation to this
presentation.

Tools to Help Your Deskbound Clients Move

Goals

- Provide information to use with your clients to educate them about the importance of movement activities in addition to “workouts”
- Demonstrate activities to help your clients develop a movement routine
- Deliver tools for the toolbox of movement activities for your clients to utilize

WHO Physical Activity Recommendations

*75-300 min/week
depending on intensity

*2+ days/week resistance
training

*minimize sedentary
behavior

Physical Activity Guidelines for Americans (CDC)

*150-300 min/week

“moderate intensity
or

*75-150 min/week vigorous
intensity

*muscle strengthening 2+
days/week

*recognizes the benefits of
additional activity

<https://www.who.int/news-room/fact-sheets/detail/physical-activity> & <https://www.cdc.gov/physicalactivity/basics/adults/index.htm>

A "Typical" Day & Week (24 & 168 hrs)

Day

*Sleep 5-8 hrs

*Work 8-10 hrs (M-F)

*Workout 1-2 hrs (5 days)

*Eat 1-2 hrs

*Leisure/Misc 9 hrs

Week

*Sleep 35-56 hrs

*Work 40-50 hrs

*Workout 5-10 hrs

*Eat 10-20 hrs

*Leisure/Misc 9 hrs



TOTAL 24 hrs

Ben Reuter, PhD, CSCS,*D, ATC
Tools to Help Your Deskbound Clients Move

2022 NSCA
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Training (workout) vs Movement

Training (workout)- planned, goal oriented & focused

Movement- unstructured??. random??. frequent & fun??

Why

- Better training sessions
- Stress management
- Better quality of life
- Prevent 'Active Couch Potato Syndrome'*
-can meet “physical recommendations...but

Owen, Neville et al. “Too much sitting: the population health science of sedentary behavior.”
Exercise and sport sciences reviews vol. 38,3 (2010): 105-13. doi:10.1097/JES.0b013e3181e373a2

***Movement is a Lifestyle, Not Just
An Activity!!***

Meet Them Where They're At- Ergonomics₁

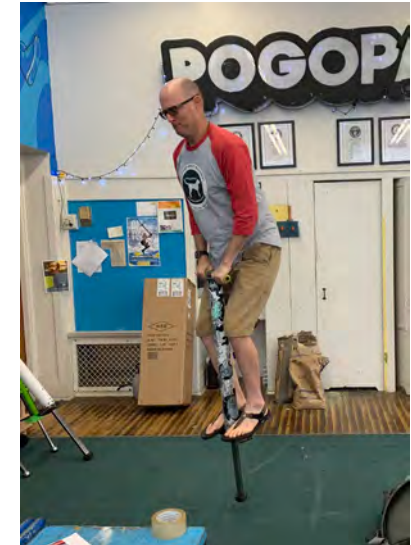


Meet Them Where They're At- Ergonomics₂



General Movement

Goal- 5 min+...frequently



White Collar “Rules”

- At least 3x/day
- At least 3 “movements”
- Awareness
- Know your client
- Film it
- Sets/ reps??
 - my preference is 15-20 reps or 60-90 secs

Wrist flexion/extension/pronation/supination w elbow flexed- “stealth”

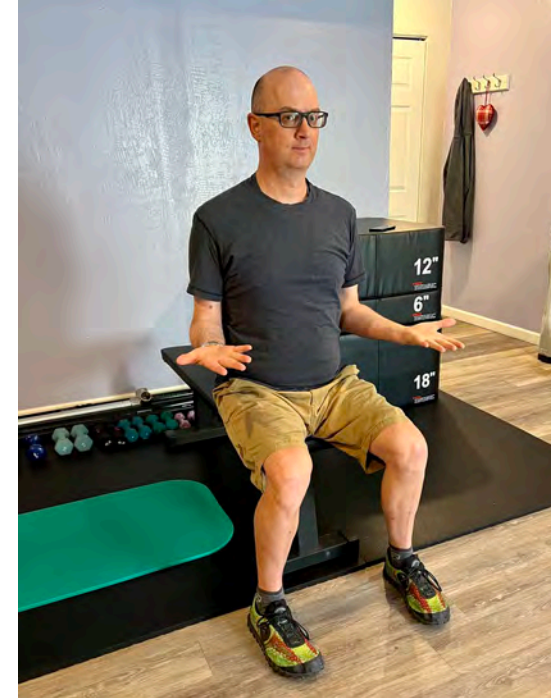
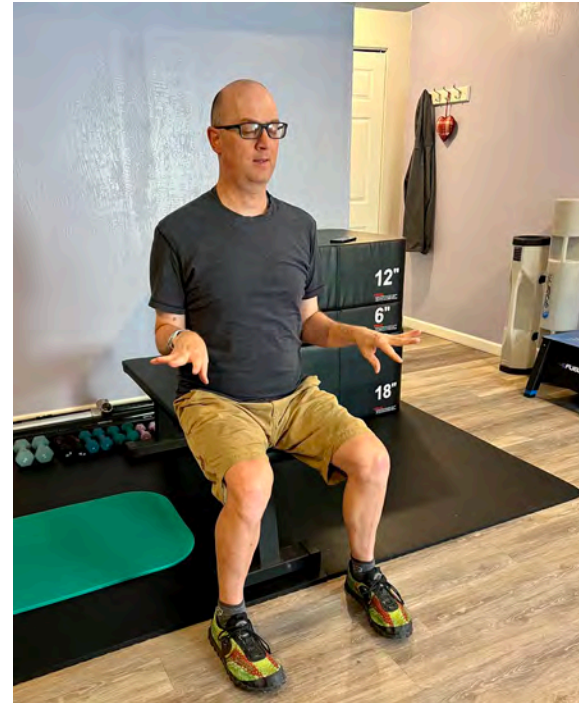
flexion



extension



pronation/supination



Wrist flexion/extension/pronation/supination w elbow extended- *“stealth”*

extension

flexion

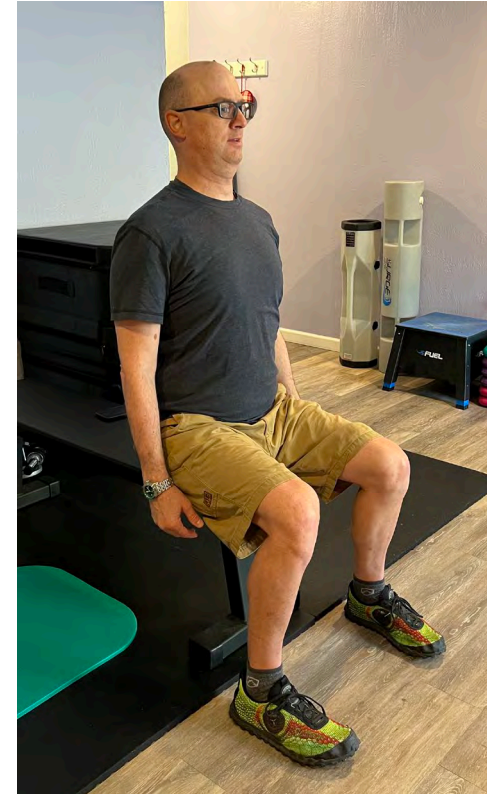


pronation/supination



“Stealth”

finger splay



cervical retraction

scapular protraction/retraction
use the arms



“Stealth” elbow extended

single finger flexion/flexion



single finger extension/extension

To The Floor

wrist flexion/extension



To The Floor



cat/cow??



scapular protraction/retraction

Final Thoughts- think beyond the workout or training session

- Movement is more than a “workout”
- Give your clients tools
- Know your client(s)
- Always add to your toolbox
- General movement- 5 min+...frequently
- White collar rules- 3 movements at least 3x/day
- 15-20 reps or 60-90 seconds