

Videos for Healthy E-learning

Guidelines for incorporating movement and fitness into healthy online studying and learning

2014/2015 Subcommittee of the eLearning Committee, June 2015

Queensborough Community College, CUNY

Subcommittee Summary

Julita Haber (+ James Cutrone)

This subcommittee initially included Julita Haber and James Cutrone. James was an active member of the committee for the first half of the year. James with his fitness experience and professional training helped locate a number of videos for the deliverable. He also found research studies to support how fitness can improve learning and studying. Julita Haber summarized and enriched the found material to include in the flier, the final deliverable of the subcommittee (see below).

The flier is intended to be used for students and faculty. It can be inserted on college websites and course Blackboard to increase the awareness of healthy studying and working habits online. It is just the first iteration of the suggested workouts.

As a suggestion for next year, the committee could further update the links and add more visuals to the fliers.

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Students & Faculty,

Did you know that every day you spend sitting costs you 2.5 hours off your lifespan.

Do you want to get better grades, study less and be more productive? Here is how.

EXERCISE in between STUDYING

When writing or doing quantitative tasks (e.g., math) for an hour spend 10–15 minutes on a moderate or advanced type of physical activity. Click here on suggested workout links:

10–Minute Easy Aerobic Workout

<http://www.youtube.com/watch?v=EOMsQJCwEJI>

4–Minute Aerobic/Strength Circuit Workout

<http://www.youtube.com/watch?v=2IPkW78iVb8>

10–Minute Full Body Equinox Workout

<http://www.youtube.com/watch?v=j9rnycgr8yM>

10–Minute Lower Abdominal Workout

<http://www.youtube.com/watch?v=DPdpsvOxMol>

10–Minute Moderate Aerobic Workout

<http://www.youtube.com/watch?v=jgdUCI07fkE>

10–Minute Moderate Aerobic Workout

<http://www.youtube.com/watch?v=SsI5cMI7ACQ>

15–Minute Advanced Aerobic Workout

<http://www.youtube.com/watch?v=uzOe2ImO1rk>

INTEGRATE STUDYING WITH EXERCISE

While memorizing, reading or reviewing for a test, engage in light exercise, such as standing, walking, yoga, riding on a stationary biking or Pilates. Click here on suggested workout links:

Walking and reading, example

https://www.youtube.com/watch?v=Mwm_Tt5_70k

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40–Minute Stationary Bike

<https://www.youtube.com/watch?v=06EmQ0qqW0I>

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15–Minute Silent Pilates

<https://www.youtube.com/watch?v=ejl0it2P080>

12–Minute Yoga

<http://www.youtube.com/watch?v=DrY6Q8b669I>

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8–Minute Silent yoga to help memorization

<https://www.youtube.com/watch?v=1eLsoLxkTqs>

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REDESIGN Your STUDY AREA

Design your study furniture to integrate workout and movement while studying.

Standing Desk – practical

<https://www.youtube.com/watch?v=fbwQp1h411k>

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\$28 Standing Desk

<https://www.youtube.com/watch?v=ykGspcKFITg>

Two Desks Could Help You Live Longer

[https://www.yahoo.com/tech/have-you-heard-the-latest-bad-news-sitting-is-the-](https://www.yahoo.com/tech/have-you-heard-the-latest-bad-news-sitting-is-the-91286255864.html)

[the-latest-bad-news-sitting-is-the-](https://www.yahoo.com/tech/have-you-heard-the-latest-bad-news-sitting-is-the-91286255864.html)

[91286255864.html](https://www.yahoo.com/tech/have-you-heard-the-latest-bad-news-sitting-is-the-91286255864.html)

Ergotron 24–214–085: WorkFit–C, Dual Sit–Stand Workstation

<http://www.touchboards.com/ergotron/24–214–085/?b=y&v=54328>

Treadmill Workplace

[http://www.amazon.com/Exerpeutic-WorkFit-](http://www.amazon.com/Exerpeutic-WorkFit-Capacity-Station-Treadmill/dp/B00761HK3Q)

[Capacity-Station-Treadmill/dp/B00761HK3Q](http://www.amazon.com/Exerpeutic-WorkFit-Capacity-Station-Treadmill/dp/B00761HK3Q)

Elliptical machines