

Russell Athletic: Beat Stress with Exercise

(NAPSA)—Americans are spending more time working and less time exercising. The result: increased levels of stress. According to the 2001 *“For the Long Run”*™ survey conducted by Russell Athletic, the most common excuse for skipping a workout among men (50 percent) and women (46 percent) is “not enough time.”

Russell Athletic offers a few ways to help reduce stress throughout the day:

- **Morning**—Instead of taking the elevator, try walking up the stairs. Start gradually, working your way to the top.

- **Noon**—For your lunch break, take a brisk walk around your building (or around the block).

- **End of Day**—Wind down by doing small exercises for your neck and arms. If you sit all day, stretch your legs to increase blood flow and loosen tense muscles. It will give you a quick burst of energy and help you finish the day.

The *“For the Long Run”* survey also found that 18 percent of men and women relieve stress by “yelling and screaming.” While we don’t recommend using this tactic, we can offer a few quiet alternatives to help reduce stress at work:

- **Take a Deep Breath**—Inhale through your nose. Concentrate as it slowly fills your lungs. Hold for five seconds and release. This helps your body release endorphins—the hormones that aid in relaxation.

- **Dress Comfortably**—Wear clothes that make you feel good about yourself and keep you relaxed.



- **Squeeze!**—Grab a stress ball and squeeze as hard as you can. Hold and release. These things exist for a reason.

- **Find an Empty Room**—If you feel the need to get away, don’t hesitate. Find an empty room and retreat for a few minutes. Find a room with a window—sunshine works wonders.

Even with the busiest work schedule, you can incorporate these quick activities to promote a healthy lifestyle. Following the above tips will ultimately help you reduce stress and make your work day a positive one.

Russell Athletic products are available at department and sporting goods stores across the nation. Russell Athletic sponsors the *“For the Long Run”*™ survey and is a division of Russell Corporation, an international consumer products company specializing in activewear, casual wear and team uniforms. To learn more about the company and its products, visit www.russellathletic.com.