



10 Simple Exercises to Help Stay Healthy at the Office:

These 10 simple exercises give you a speedy total body workout for the major muscle groups in the body. Performing at regular intervals will help improve your mood and will help to keep your body functioning well without having to leave your desk.

1. Start with some leg extensions: while seated, place feet on the floor with knees at a right angle. Extend one leg at a time, until leg is straight. Hold for 3 seconds and then slowly lower the leg. Repeat on each leg 12- 15 times to help build leg strength and increase circulation.
2. While seated in a chair with wheels, hold lightly onto the edge of the desk with feet off the floor and swivel from side to side, controlling the movement with your abdominal muscles. Swivel up to 15 times to build a stronger core.
3. Stand at your desk with your feet hip width apart. Slowly lift your heels up off the floor. Balance on your toes for 3 seconds then, slowly lower heels on to floor to increase circulation to lower extremities. Repeat 12-15 times.
4. To increase leg stamina, stand at your desk with legs slightly apart. Bend the knees slightly until you feel the quads tighten up. Lift your right foot off the ground and extend it forward pointing the toes. Hold for 3 seconds. Bring right foot back in without letting it touch the ground. Extend out again to the side. Repeat this process extending the foot back as well, then bring foot back in and relax. Repeat with left foot.

5. To strengthen the hamstring muscles, stand at the desk with legs close together, but not touching. Slowly, bend one leg at the knee and raise the heel, attempting to touch the back of your thigh. Repeat 10-12 times. Switch to other leg. Perform 3 sets, taking a break between sets.
6. To strengthen the gluteus muscles stand at the desk with feet a shoulder width apart. Slowly bend the knees attempting to keep knees behind the toes. Perform 12-15 squats. Repeat 3 times, taking a rest in between sets.
7. To increase hand and wrist circulation, start with hands at shoulder height, lift them above your head. Use a water bottle to add a little resistance. Repeat 12-15 times. Complete 3 sets.
8. To increase strength and circulation in the arms, holding a water bottle, stapler or another small item, place your arms by your side, palms forward. Slowly lift the small item, bending the arm at the elbow, until your hand is about five inches from your shoulder. Slowly lower and repeat 12-15 times on both arms for 3 sets.
9. To help strengthen the back of the arms, while holding a small, heavy item (stapler, water bottle,) lean forward slightly. Raise your hand so the elbow is bent with the hand resting at about waist level. Slowly extend the hand backwards, straightening the arm, then slowly return to starting position. Perform 12-15 times on both arms and repeat 3 sets.
10. Now that the muscles are warmed up, try a bit of cardio by doing a stationary march. If you want to step it up you can jog or jump on the spot. The higher you lift your knees, the stronger the burn!