

## Exercises You Can Do At or Near Your Desk

([www.lifehack.org/articles/lifehack/29-exercises-you-can-do-at-or-near-your-desk.html](http://www.lifehack.org/articles/lifehack/29-exercises-you-can-do-at-or-near-your-desk.html))

### 1. Feet & Legs:

- **Toe raises:** Lift your toes while keeping heels firmly on the ground. This can be either seated or standing. (10 times)
- **Football Foot Drill:** While in a seated position rapidly tap your feet in place, simulating a run. Do this for 30 seconds sets of 3
- **Take the Stairs:** If you have the opportunity, take the stairs even if it's at the start and end of the day.
- **Calf Raises:** Stand in front of your desk or other piece of furniture you can hold on to for balance. Raise your heels off the floor and slowly lower them. (10x's)
- **Lunges:** While walking, take the longest step you can and lunge forward.
- **Hip Flexion:** While seated lift your right foot a few inches off the floor. Keep your knees bent at 90 angle and hold for 5 seconds. Repeat with the left foot.
- **Leg Extensions:** While sitting in your chair, extend/raise your right leg until it is level with your hip. Hold this for 10 to 20 seconds, switch legs and repeat.

### 2. Hands & Arms:

- **Shadow Box:** Stand up and take a couple of jabs at the air.
- **Arm Pumps:** Pump both your arms over your head for 30 secs.
- **Shoulder Raises:** Raise your shoulder to your ear, hold then relax. Repeat with alternating shoulder and then both at the same time.
- **Tricep Dips:** Put your arms behind your back, resting your hands on your chair and slowly raise and lower yourself.
- **Hand Stretches:** Tense and relax the muscles in your hand. Make fists, spread fingers and bend your fingers.

### 3. Torso:

- **Back Twists:** Sit up straight in your chair and place your right arm behind your right hip. Twist to the right and hold. Alternate sides.
- **Gluteal Squeeze:** Tense up the muscles in your rear end and hold for a count of 10-20 seconds. (Isometric)
- **Curls:** Cross your arms over your chest and sit up straight. Tense your abdominal muscles and curl your shoulders towards your hips. Hold for 10 secs.
- **Abdominal Stretch:** Sit on the edge of your chair and stretch your arms out in front of you. While keeping your back straight, contract your abdominal muscles, hold for 10 to 20 secs. And relax. Repeat

### 4. Full Body:

- **Low-impact Jumping Jacks:** Raise your right arm and tap your left toe to the side at the same time. Alternate side and do for a full minute.
- **Pretend Jump Rope:** Move your arms as if you are turning a jump rope while tapping one foot in front of you. Alternate feet. Do for 1 minute.
- **Chair Squats:** Lift your rear end off of your seat and hold for 10 seconds. Repeat

## How to Exercise While Sitting at your Computer

([www.wikihow.com/Exercise-While-Sitting-at-Your-computer](http://www.wikihow.com/Exercise-While-Sitting-at-Your-computer))

1. Observe proper sitting posture-your back should be straight, shoulders back and the top of your monitor should be eye level.
2. Simple Stretching Exercises include;
  - Neck-slowly bend your head forward, backward, right to left and side to side- never roll your neck.
  - Shoulders-roll your shoulders forward around 10 times, this helps to release the tension of your shoulders.
  - Arms & Shoulders-for a good stretch, brace your hands on the edge of your desk, each about shoulder width away from your body. Twist your hands inward so they point toward your body and lean forward, hunching your shoulders. Return to start position.
  - Wrists-roll your wrist regularly, every hours or so. Roll them 10 times clockwise and 10 times counterclockwise. This will help minimize the potential for getting carpal tunnel.
  - Ankles-roll your ankles regularly, similar to wrist. Clockwise 3 times then counterclockwise 3 times. This helps improve blood circulation and prevents "pins & needles".
  - Chest-if you tend to hunch-open your arms as if you were going to hug someone, rotate your wrist externally, (thumbs going up & back) and pull your shoulders back. This stretch moves your body the opposite direction to being hunched-you should feel a good stretch across your chest.
  - Abdomen-contract your stomach and gluteal muscles, hold for a count of 20 seconds and release. (Isometric)
  - Calves-stretch your calves while sitting lift your legs on the ball of your feet and then lower them. Repeat 10 times, this will help prevent clots from developing in your legs.
3. Stand up every half hour or so to walk around a bit. This will ensure continuous blood circulation to your arms and legs and will keep them from getting too strained.