

DESK EXERCISES

Even a little bit of movement is better than none

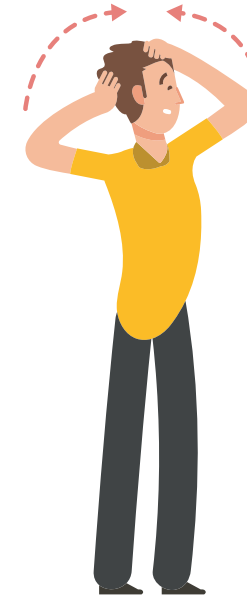


2

Arm Stretch

This is a great stretch for your shoulders and upper back. Hold your left bent arm with your right hand, and gently pull your arm sideways.

Hold for 10 seconds and repeat on the other side.



4

Neck Rotation

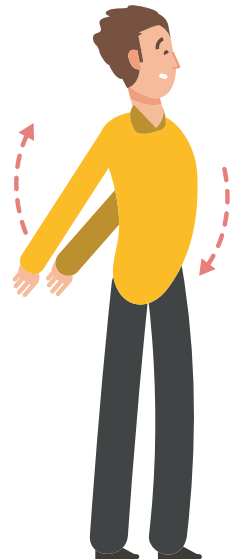
Sit with your feet flat on the ground. Place your left hand on top of your head and tilt your head to the left. Apply gentle pressure to increase the stretch. Hold for 30 seconds and repeat on the right side.

1

Bent Knee Stretch

Lean back in chair. Hug one knee at a time, pulling it toward your chest.

Hold for 10 seconds, then switch legs.



3

Shoulder Rolls

Move your shoulders in a backward circular motion so that they are moving in an up, back and down direction. Repeat for 30 seconds.

5

Lower Abs Leg Lift

Sit straight up, with feet flat on the floor. Lift one leg up at a time, keeping core tight. Do 20 reps.



Research shows that being in a chair for eight hours a day does significant damage to your body.