



# *At Your Desk Fitness!*

## **Cardio Fun Fitness!**

- Take the **stairs** instead of the elevator.
- **March** in place, and then increase the intensity by adding high knees.
- **Jumping jacks** for 30-second segments.
- Simulate **jumping rope** for 30 seconds.

## **Strengthen Those Muscles!**

- **Squats:** Stand in front of your chair with feet shoulder width apart. Squat down, pretending you are going to sit in your chair, then come back to a standing position. Also, try one-legged squats (holding your chair for support).
- **Knee Extensors/Flexors:** seated at your desk, lift one leg off the chair, extend the foot out and lower it back down (stopping short of the floor). 15 each leg.
- **Tricep Dips:** place both hands on your chair arms, and slowly lift your bottom off the chair. Lower yourself back down stopping short of the seat. Try 15.
- **Wall/Desk Push-ups:** Stand and put your hands on the wall or desk. Walk feet backwards, so your back is straight and bottom is down, and then do push-ups against the wall or desk. Try 15.
- **Abdominals:** Seated and sitting tall, suck the bellybutton into the spine, hold 15 seconds and relax. Repeat 15 times.

## **Stretch and Flex!**

- **Reach for the Sky:** Sit tall, extend arms up and reach. Hold 30 seconds, and then reach to the right side and the left side.
- **Touch Your Toes:** Stand and bend at the hips reaching for your toes (knees are slightly bent).
- **Chest Opener:** Sit tall and grasps your hands behind you, sticking the chest out.
- **Hug:** Wrap your arms around your body, grabbing the opposite shoulder blades. Try to separate those shoulder blades with your hands and your chin is down.
- **Seated Twist:** Sit up straight. Twist in your chair, keeping your hips stationary. Twist from the lower back all the way up to your head looking over your shoulder.
- **Ear to Shoulder:** Hold stretch 30 seconds on each side.
- **Twirl Em':** Make circles with your wrists and ankles. Rotate in both directions.

## **Other Quick and Easy Tips:**

- **Drink more water:** Drinking more water not only curbs your appetite and keeps you hydrated, but it also causes you to take more bathroom breaks, which means more steps added to your day!
- **Deliver the message by foot:** Instead of e-mailing a co-worker, take a walk to their desk. Get your blood flowing and build personal relationships with others!

**Finally:** Don't let the fear of embarrassment keep you from exercising at work. Most likely your co-workers will admire your efforts rather than be amused. You might even get them to join you!