



OFFICE STRETCHES AND EXERCISES

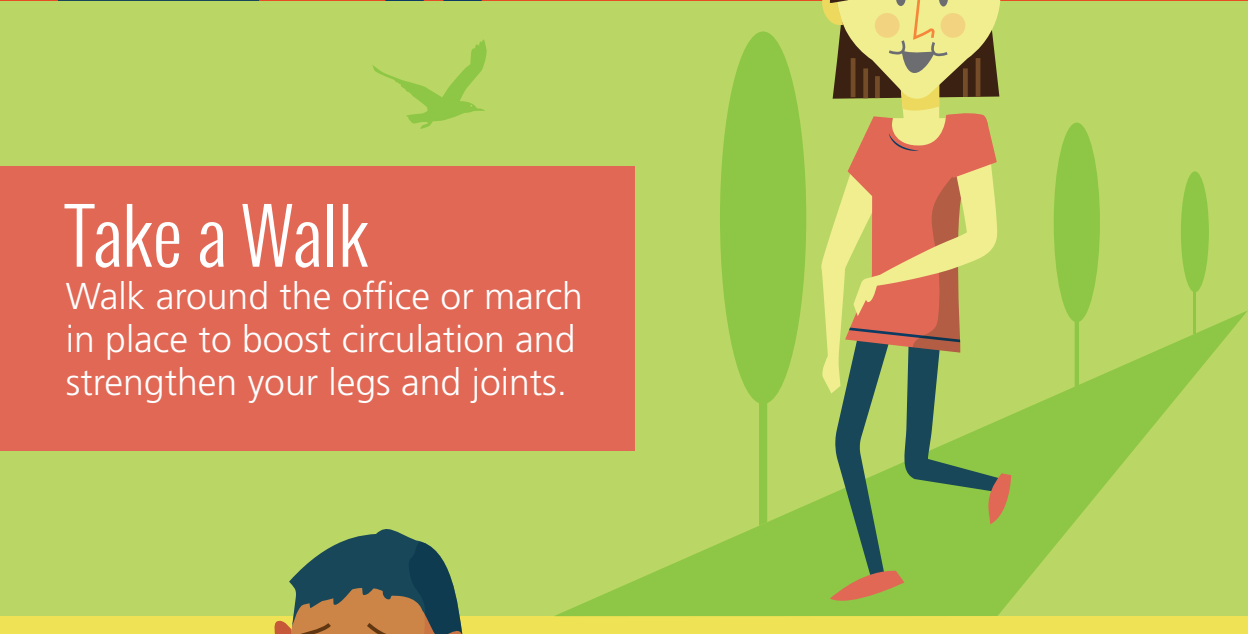
TO STAY FIT

Depending on your fitness, posture and health, even a half hour of sitting can have negative health consequences, from decreased circulation and back pain to snack cravings and lowered brain function. Incorporate these exercises to help you stay active in the office.



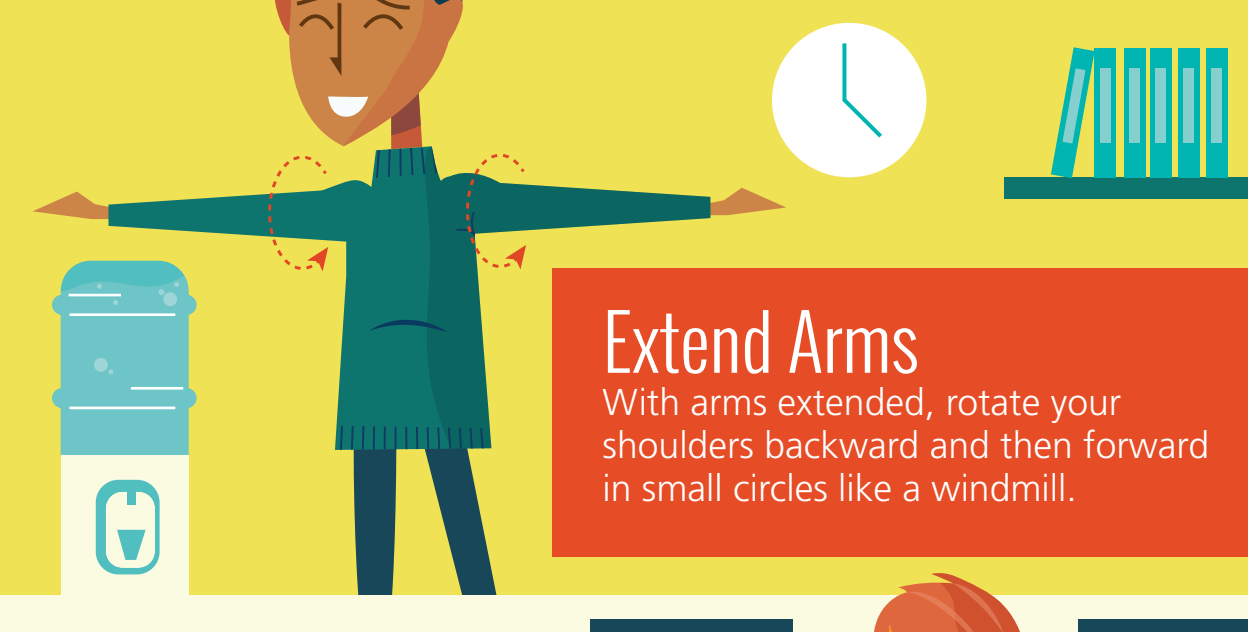
Stretch Out

Take short breaks to stretch your back, neck and shoulders.



Take a Walk

Walk around the office or march in place to boost circulation and strengthen your legs and joints.



Extend Arms

With arms extended, rotate your shoulders backward and then forward in small circles like a windmill.



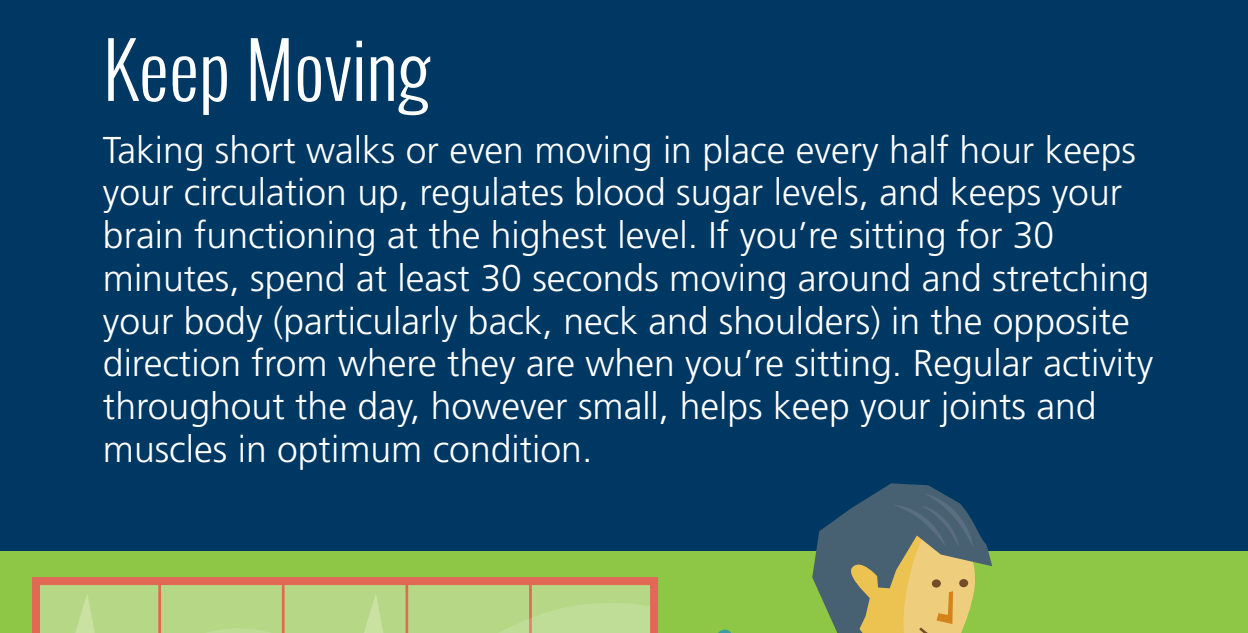
Sit and Stand

Switch from a sitting to a standing position and vice versa to improve circulation.



Make Small Changes

Take the stairs, not the elevator, or park farther away from the office to get more steps in.



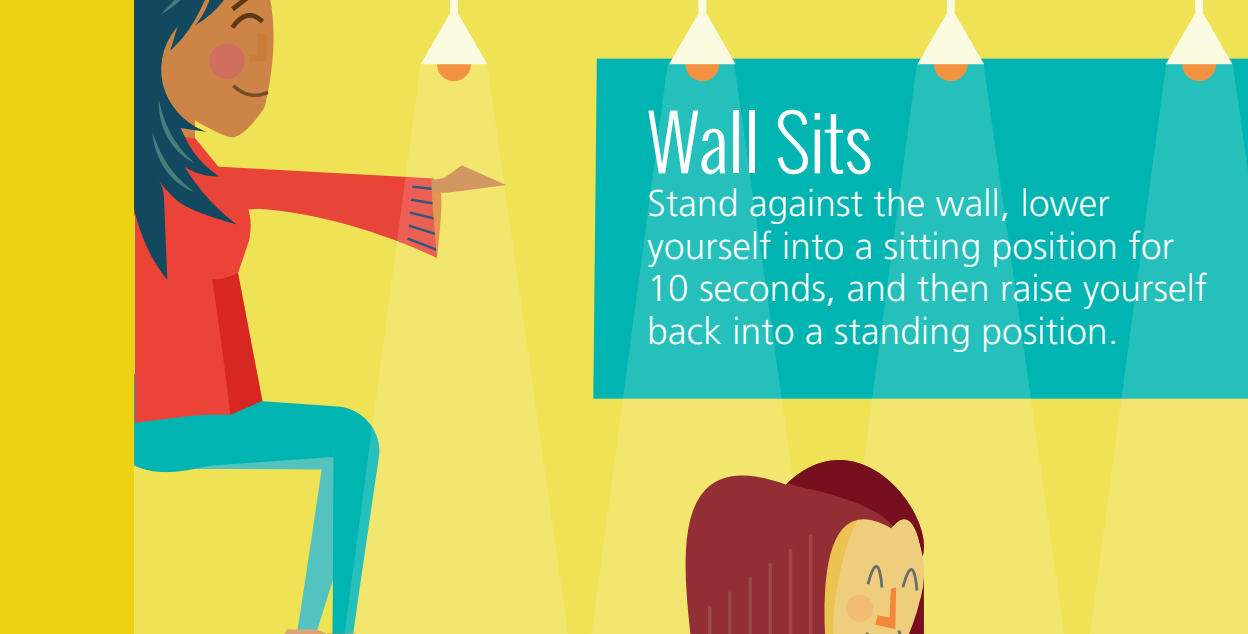
Keep Moving

Taking short walks or even moving in place every half hour keeps your circulation up, regulates blood sugar levels, and keeps your brain functioning at the highest level. If you're sitting for 30 minutes, spend at least 30 seconds moving around and stretching your body (particularly back, neck and shoulders) in the opposite direction from where they are when you're sitting. Regular activity throughout the day, however small, helps keep your joints and muscles in optimum condition.



Chair Squats

Act like you're going to sit and then raise yourself back into a standing position to strengthen glutes, quads and hamstrings.



Wall Sits

Stand against the wall, lower yourself into a sitting position for 10 seconds, and then raise yourself back into a standing position.



Tone Legs

While sitting, lift one knee and extend out your leg with toes pointed upward. Repeat with the other leg.