

STAYING ACTIVE AT THE OFFICE

GO FOR A WALK

Instead of eating your lunch at the office, try going for a walk. (Enjoy lunch outside...ask a co-worker to join!



GET UP AND STRETCH

Sitting at your desk for too long not only tightens the muscles, but can limit your mobility in the long run. Try these simple stretches to get your blood flowing:

- Forward Fold- Start standing straight and gently reach for your toes. Knees can be straight or bent. Get the blood flowing in your hamstrings!
- If you have a heart condition, simply stand and reach for your desk.



WORK ON YOUR BALANCE

Sitting at a desk all day can also throw off your sense on balance. Take a few moments out of your day to re-center yourself! Tree Pose is a great way to do this.

Stand straight and take your foot to the inner ankle, calf, or thigh of standing leg. Arms can be placed on your hips, by your side, or overhead. You can always start by stabilizing yourself with a wall or your desk. Work your way up from here!



STRETCHING FROM YOUR DESK



Release tightness in your lower back by taking a gentle twist to each side. Take your right or left arm on the knee. The opposite arm can reach behind or on the side of the chair. While you're stretching, focus on your breathing. Not only is this great for the body, but can also help us let go of work anxiety and stress.

DO SOMETHING TODAY THAT YOUR FUTURE SELF WILL THANK YOU FOR.

Our actions and decisions today will shape the way we will be living in the future.

SIMPLE EASY EXERCISES TO TRY AT YOUR DESK

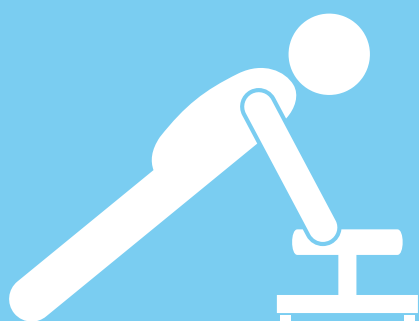


SQUATS AND LUNGES

Set a timer on your phone to rotate between some squats and lunges. Get your blood flowing! Start with sets of 10 and build from there.



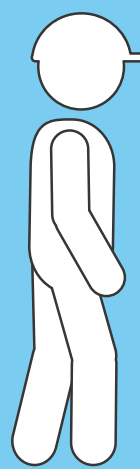
PUSH-UPS



Get a short arm workout in! Push-ups are a great way to get the blood flowing, while building muscle. These can be completed on an incline at your desk or outside during your lunch break!

CALF-RAISES

Start this exercise by coming up on your tippy-toes. When you lower back down, try not to let your heels touch the floor! Repeat and you'll start to feel the burn.



WHY IS GETTING MOVING AT WORK SO IMPORTANT?



Work can be rewarding, but also quite stressful. Long periods of high concentration can lead to fatigue and exhaustion. Getting up to move around gives us a tiny break to rest our brain and get the blood flowing!