

15 EXERCISES YOU CAN DO AT YOUR DESK

We all say that we are too busy but with these great moves you can do at your desk you have no excuses. Try out some of these desk and office exercises and start feeling better today.

1. USE YOUR CHAIR



Sit on your chair with your legs crossed, sit up straight, hold on your knees and then lift yourself up using the arms. Hold for 10 - 20 seconds and repeat 3 times.

2. TRICEP DIP



Sit on the edge of your desk with your feet together and place your arms on the desk. Lean forward and then bend your arms and lower your body. This is great exercise for your arms.

3. WRISTS



If you spend a lot of time typing at your desk, you may be at risk from carpal tunnel syndrome. To lower the risk, simply wrap your hand around the edge of your desk, place your palms on the desk with your fingers facing towards you and lower your body until your lower arm is parallel to the desk. Hold for 15 seconds.

4. LOWER BODY STRETCH



Sit on your chair, feet flat on the floor. Extend one leg out in front of you. Hold for 2 seconds. Move it as high as you can and hold for 2 seconds. Repeat 10 times on each leg.

5. SPINAL STRETCH



Sit tall on your chair, keep your feet together. Slowly lean your upper body back until your left hand is on the desk. Hold the back of your chair with your right hand and lean to the right. Hold for 10 seconds. Repeat on the right. Repeat on the left. Repeat on the right. Repeat on the left.

6. SHOULDER STRETCH



Sit tall on your chair, reach your left hand behind your back. Bend your shoulder blades with your right hand on the desk. Hold the back of your chair with your right hand and lean to the right. Hold for 10 seconds. Repeat on the right. Repeat on the left.

7. HAMSTRING STRETCH



This stretch has multiple benefits. It stretches the hamstrings, lower back, and calf muscles. Push your right arm forward over your head and your left leg right. Hold for 10 seconds. Repeat on the right. Repeat on the left.

8. SIDE STRETCH



Sit up straight on your chair and lean your left arm towards the ceiling. Grab your left wrist with your right hand and pull it to the right. Hold for 10 seconds. Repeat on the right. Repeat on the left.

9. BUNS OF STEEL



Sit on your chair, lean back and lean your right arm towards the ceiling. Grab your right wrist with your left hand and pull it to the right. Hold for 10 seconds. Repeat on the right. Repeat on the left.

10. HAMSTRING CURL



Stand behind your chair, hold onto the back of your chair. Bend your knees and pull your left leg right. Hold for 10 seconds. Repeat on the right. Repeat on the left.

11. ARM STRETCH



Sit up straight on your chair, lean back on the floor and place your hands in your knees. Hold for 10 seconds. Repeat on the right. Repeat on the left.

12. SHOULDER BLADES



Sit up straight and hold onto the back of your chair. Bend your knees and pull your left leg right. Hold for 10 seconds. Repeat on the right. Repeat on the left.

13. NECK MUSCLES



Put your head to your hands, the way most desk workers do when they are tired or stressed. Hold for 10 seconds. Repeat on the right. Repeat on the left.

14. CORE STRENGTHENER



If your chair reminds you you can use that to help strengthen your core. Sit on your chair with your feet flat on the floor and hold onto the back of your chair. Bend your knees and pull your left leg right. Hold for 10 seconds. Repeat on the right. Repeat on the left.

15. ANKLE ROLL



Keep your ankles loose by rotating them both clockwise and anti-clockwise, 3 times in both directions. This is great for preventing pins and needles.

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The Office Workout Kent Burden, 2014-06-15 Feeling unhealthy and trapped at your desk every day? Want to get healthier but can't imagine finding time to go to the gym? Wellness expert Kent Burden shares his innovative, easy, and effective arsenal of 75 exercises you can do at your desk without even breaking a sweat. Sample this simple workout to look better, feel better, and even work better, and it won't interfere with doing your job. With new research showing that prolonged sitting is as bad for your health as smoking cigarettes, The Office Workout teaches you how to do micro workouts that yield big results and help busy people like you stay active all day long. Lose weight, gain muscle, and be healthier all in 15 minutes per hour. Did you know that a 15-minute workout break each hour makes you more productive? Short burst strength training improves blood flow to the brain. Raising your heart rate even for a minute or two improves mental focus and creativity. You burn 60 more calories each hour by standing than by sitting. Being more active can save both you and your company BIG MONEY on healthcare costs. This book will help you lose weight, increase bone mass, burn more calories all day long, decrease your chance of developing diabetes, heart disease, stroke, kidney disease, and cancer, reduce back pain, and strengthen your back. Feel better and more energized all day long. Exercises in General Chemistry Charles Morse

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Exercises for Written Language Work in Grade V. Adda Logan Fraley, 1925 **Exercise for Busy Lives: Stay Fit, Stay Healthy, No Matter Your Schedule** Hannah Lovell, Exercise for Busy Lives is the ultimate guide for anyone juggling a packed schedule while striving to maintain a healthy, active lifestyle. This book is designed for professionals, parents, students, and anyone who feels they just don't have the time to fit exercise into their day. With practical, time-efficient workouts, tips on maintaining consistency, and strategies to stay motivated, this book shows you how to prioritize your health even when life gets hectic. From quick routines you can do at home or in the office to smart ways of sneaking exercise into your daily routine, Exercise for Busy Lives ensures you'll stay fit and energized without sacrificing your other responsibilities. *Daily Exercise*

Boost Olivia Parker, AI, 2025-02-13 *Daily Exercise Boost* explores the science backed advantages of short daily workouts for improving health and fitness Challenging the notion that only long gym sessions are effective the book presents evidence that brief bursts of physical activity can significantly impact well being It delves into exercise physiology to explain how these short workouts trigger positive changes in metabolic regulation muscle strength and cardiovascular function The book reveals how even a few minutes of HIIT or bodyweight circuits can lead to measurable improvements offering a time efficient alternative to traditional exercise routines The book progresses by first introducing the physiological responses to exercise then examining various short workout methodologies and finally providing a comprehensive plan for integrating these exercises into daily life It emphasizes practical strategies for designing personalized routines and overcoming common barriers to exercise adherence Through accessible language and real world examples *Daily Exercise Boost* equips readers with the knowledge and tools to transform their health through manageable daily habits making it valuable for busy individuals seeking a more sustainable approach to fitness

The Power Hour Myth: How High-Performers Stay Fit Without Sacrificing Their Edge David Patterson, 2025-12-04 Successful professionals don't have time for lengthy gym sessions they need strategic movement that sharpens focus builds energy and strengthens their bodies in minimal time The *Power Hour Myth* combines exercise science with professional lifestyle demands to deliver workouts specifically designed for people juggling careers responsibilities and ambitions Through targeted routines proven productivity links between fitness and mental performance and flexible scheduling strategies you'll discover how to use strategic intervals to unlock stress relief build confidence and maintain peak physical condition Learn how to integrate workouts into your professional day track measurable results and leverage fitness as a competitive advantage Packed with office friendly modifications travel ready routines and energy optimization strategies this guide shows high performers how fitness becomes their secret weapon Transform your health without sacrificing your career momentum

Stretching in the Office Bob Anderson, 2002 Illustrates stretching exercises that can be done at the office to increase flexibility relieve sore muscles combat neck and back pain prevent carpal tunnel syndrome and reduce stress

Chicago Public Schools Henry Suder, 1916 **Serving Teens with Mental Illness in the Library** Deborah K. Takahashi, 2019-04-10 As a teen librarian you are more likely than not to encounter teens with mental health issues Will you know how to help them This guide explains what to do and what not to do Mental illness among teens has risen to epidemic levels When mental health issues come to the library what is the librarian's role This book asserts that you don't have to be a social worker or mental health professional to provide guidance to teens with mental health issues By creating collections that contain mental health resources working with community partners and initiating dialogues with library patrons that de-stigmatize mental illness you can serve a positive and proactive role in helping teens to get help This book provides readers with practical guidelines for building collections programs and services that support teens experiencing mental health challenges and explains how to create a supportive welcoming environment in

the library In addition it shows how to forge partnerships with other community agencies in this endeavor how to advocate for mentally ill teens and how to teach them to advocate for themselves Lastly it discusses how to evaluate these programs and services and how to take care of your own needs while serving others *Psychological methods of teaching and studying languages*, by V. Bétis and H. Swan Victor Bétis,1897 *Office Training for Stenographers* Rupert Pitt SoRelle,1916 **The Educator-journal** ,1921 **New York Teachers' Monographs** ,1914 Official Register Harvard University,1910 Vocational Education in Farming Occupations Theodore Hildreth Eaton,1923 **Physical Education** James Naismith,Luther Halsey Gulick,1892 *Desk Exercise Guide* Celina Hywel,AI,2025-02-13 Desk Exercise Guide addresses the often overlooked health risks associated with sedentary office work offering practical solutions for improved workplace wellness and business management It highlights how prolonged sitting and repetitive tasks can lead to musculoskeletal disorders costing businesses billions while diminishing employees quality of life The book champions integrating ergonomic adjustments and targeted exercises into daily routines as a preventative measure shifting the focus from reactive pain management to proactive health enhancement It emphasizes that even simple changes like proper workstation setup and posture can significantly reduce the risk of developing chronic conditions This guide uniquely provides tailored desk exercises acknowledging individual differences in body types and fitness levels Rather than a one size fits all approach it offers a range of exercises and modifications suitable for various needs The book progresses by first introducing fundamental ergonomic principles then delving into specific exercise routines targeting common problem areas like the neck shoulders and wrists Finally it focuses on integrating these practices into a sustainable daily routine promoting long term benefits such as increased energy levels and reduced stress ultimately enhancing both physical health and workplace productivity *Mind and Body* ,1919 American Teacher ,1900

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