

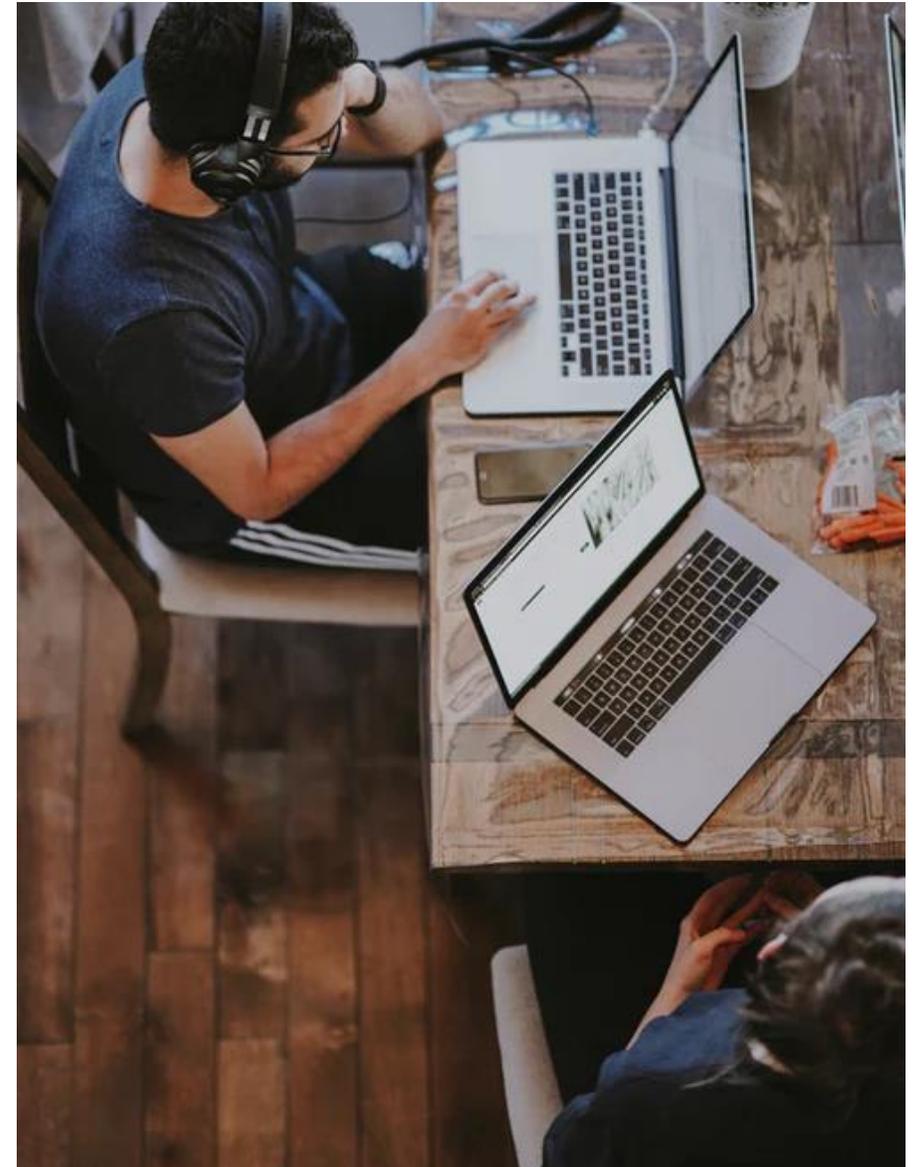


Staying Active While Sitting at a Desk

Health Promotion & Wellness

The Effects of Sitting

- Sitting
 - Increases risk for heart disease, diabetes, and cancer
 - Leads to weakened muscles, more prone to injury
 - Poor posture
 - Psychological effects





Tips to Stay Active

- Stand up breaks
- Stretch or move in place
- Meeting on the move
- Avoid elevators
- Forget phone and email

Tips to Stay Active

- Walk at lunch
- Ditch the car
- Be active before you get home
- Schedule fitness weekly
- Set alarms



Benefits of Staying Active



- Increases energy
- Helps with stress management
- Improves blood pressure
- Improves self-esteem and body image
- Increases flexibility and helps to preserve lean muscle mass

Exercise at Your Desk



Shoulder Shrugs

Sit up straight, lift your chest, and keeping your arms straight, shrug your shoulders straight up toward your ears as high as you can. Hold this uppermost position for one to two seconds. Lower your shoulders back down.



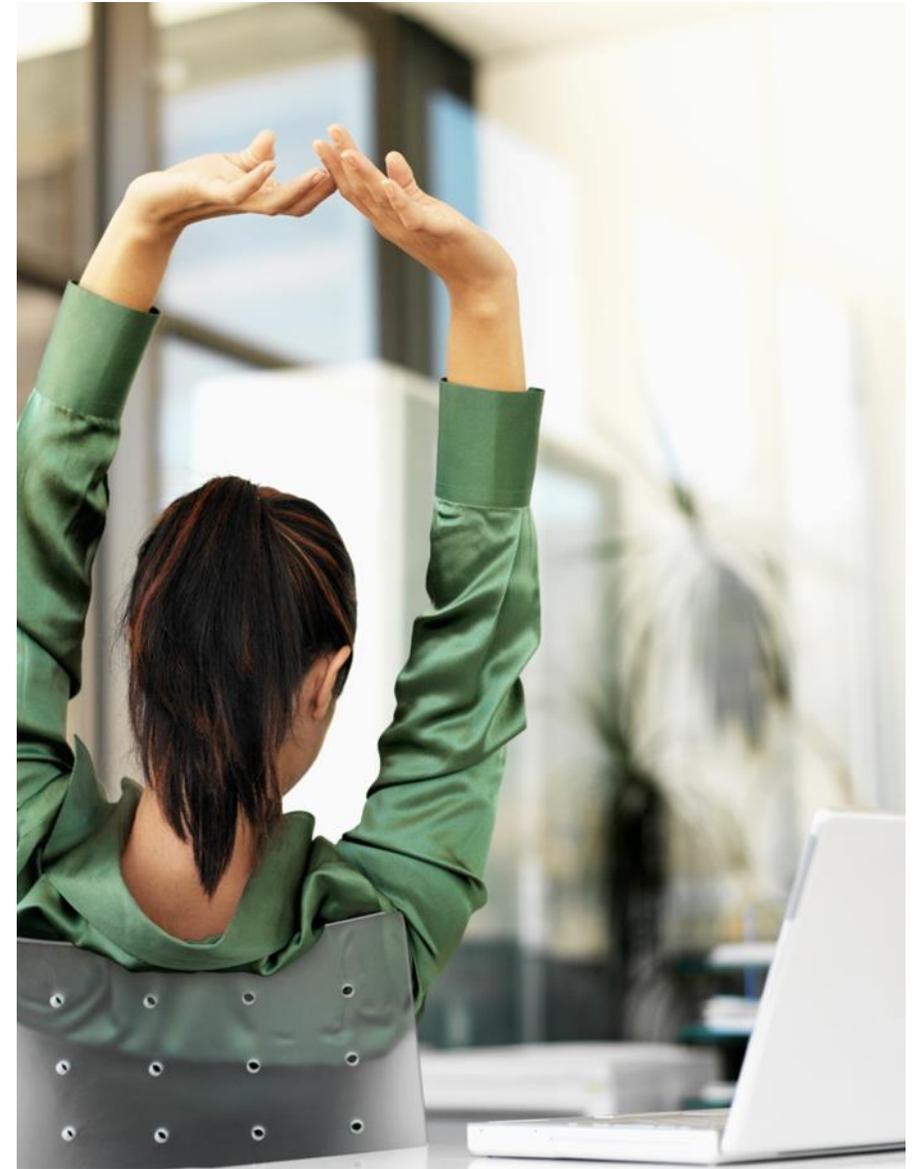
Arm Circles

Sit on the chair with your back straight, legs bent at the knees 90 degrees, feet planted on the floor and arms down by your side. Raise arms to make a “T”. Then, roll your arms backward continuously in a circular motion. Repeat this motion rolling arms forward.



Reach for the Stars

Seated on your chair, reach one arm up and plant the other hand on your chair.



Press-Ups

Sitting in a chair with your feet firmly planted on the floor, place your hands on the arm rests of the chair and press down, raising your body off the chair. Extend your arms straight and allow your hips and buttocks to lift up off the chair. Hold this position for 5-10 seconds.



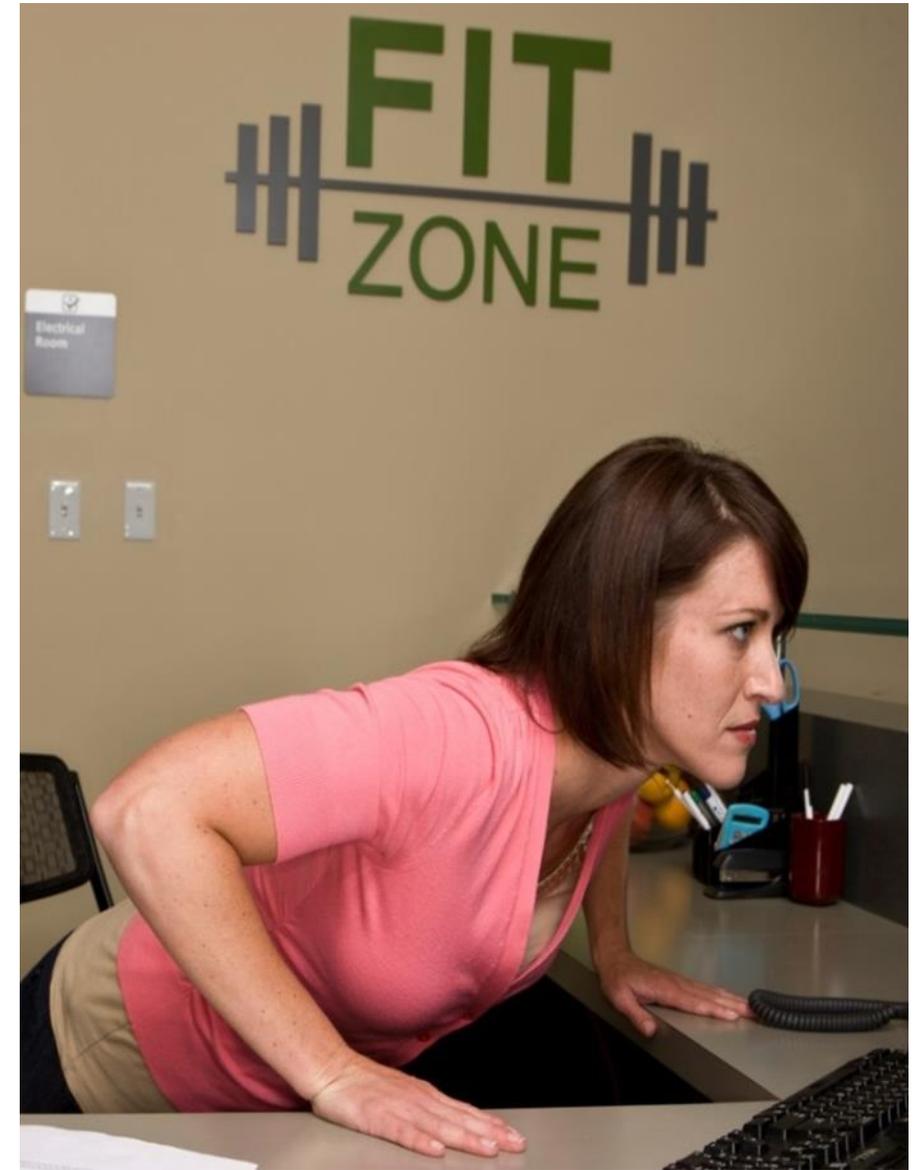
Triceps dip

Put your hands to the edge of the chair, shoulder-width apart. Slide your bottom off the chair and hold yourself up with arms straight. While keeping your back close to the chair, slowly bend at the elbows and go as low as you can. Return to the starting position.



Push ups

Using a table or your desk, place your hands slightly wider than shoulder width apart. Walk your feet back until your body weight is leaning into your hands and you have a straight line from your head to your feet. Bend your elbows until the angle is 90 degrees and push back to the start.



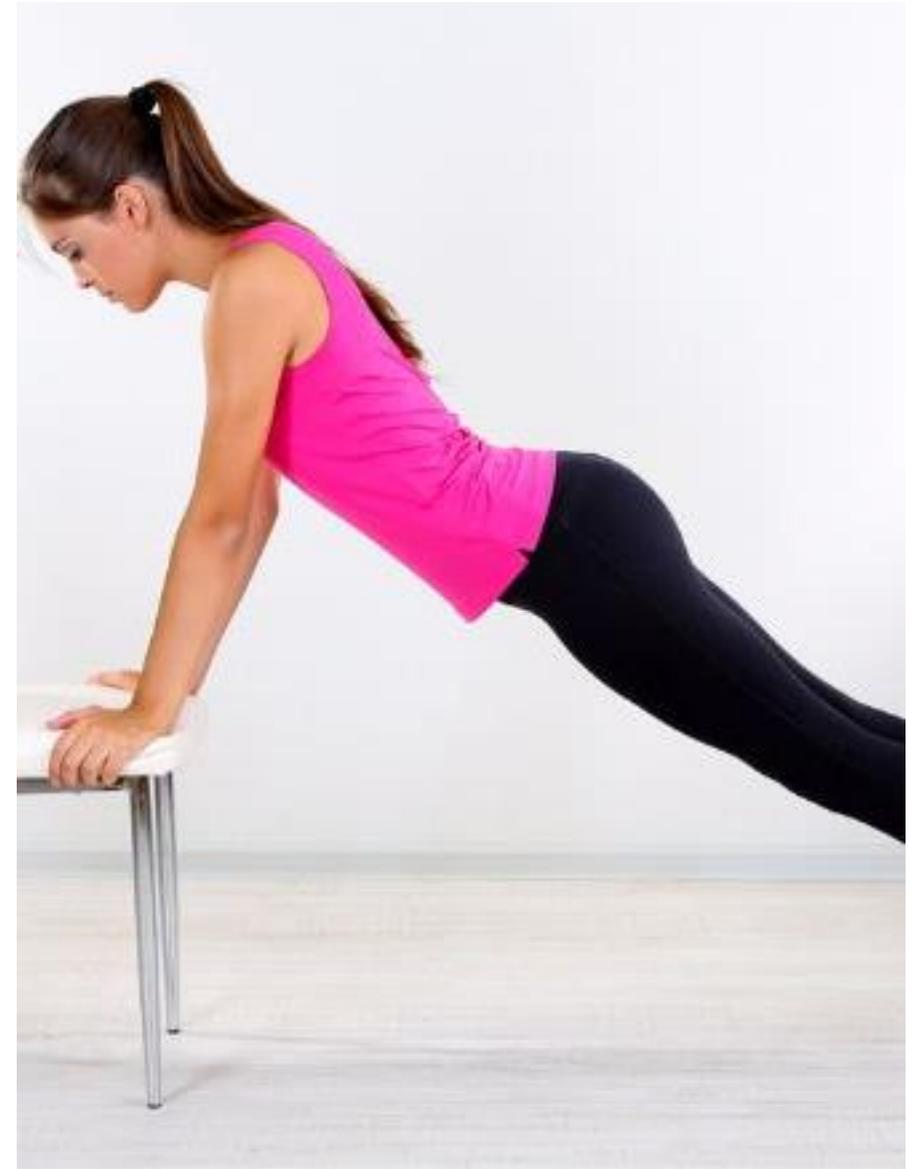
Chest Fly's

Sit at the front edge of the chair, feet flat on the floor, with palms facing each other. Lean back, allowing your body to be supported by the chair back. Raise your arms 45 degrees, palms facing each other and with a slight bend in each elbow. Open your arms out to the sides, stopping when your wrists align with your shoulders.



Chair Plank

Place your forearms on the chair, hands touching each other. Extend your legs with your toes on the floor. Contract your abdominal muscles. Make sure that you maintain a straight line from your head to toe without lifting or sinking your hips.



Obliques

Place hands behind your neck. From the seated position, bend your right elbow and rest one hand on your neck. Then, stretch out your left arm and raise it over your head. Lower your right elbow to your right hip. Bend your upper body sideways – not forward or backward. You should feel a stretch or a pull along your left side.



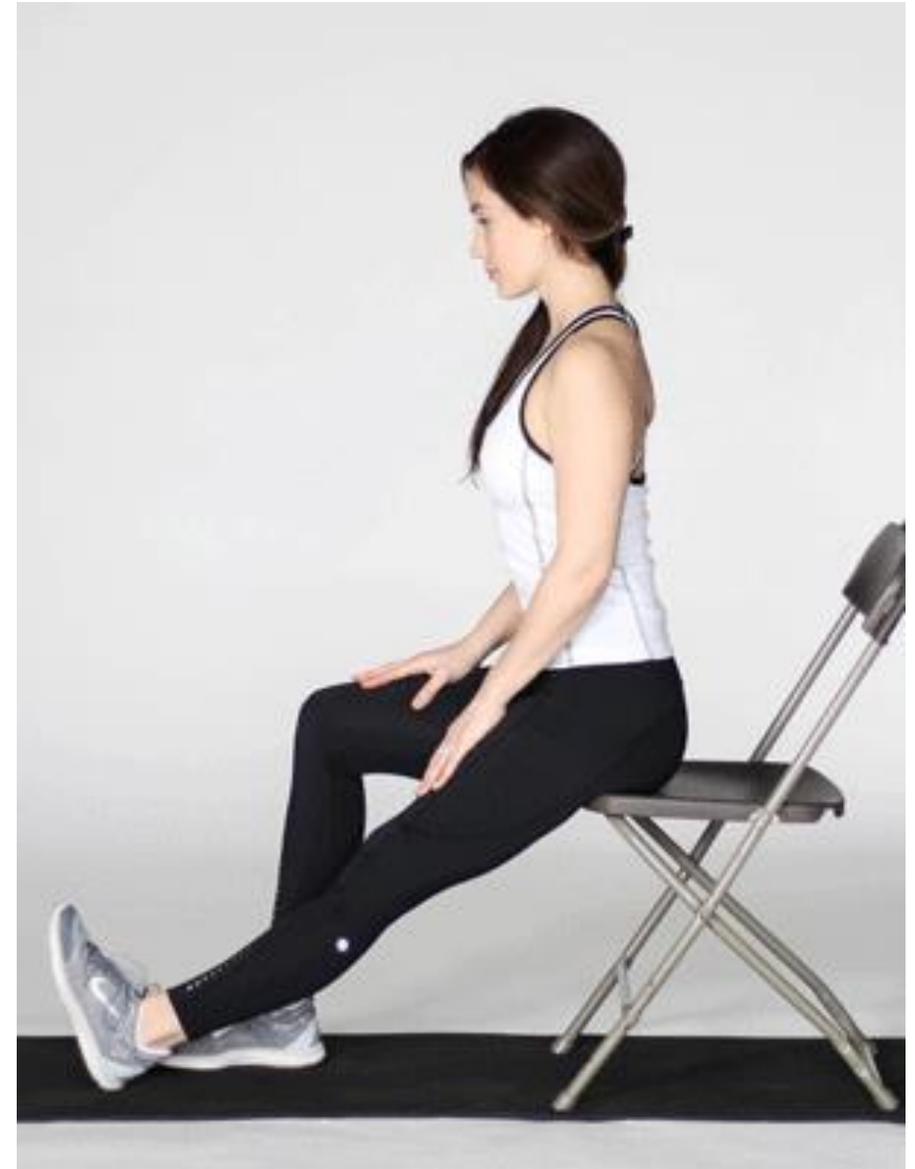
Glute Scrunches

Start on the edge of the chair, knees bent and together with feet flat on the floor, hands just outside of hips, and elbows slightly bent. Squeeze glutes together while pushing down with hands, extending elbows. Release.



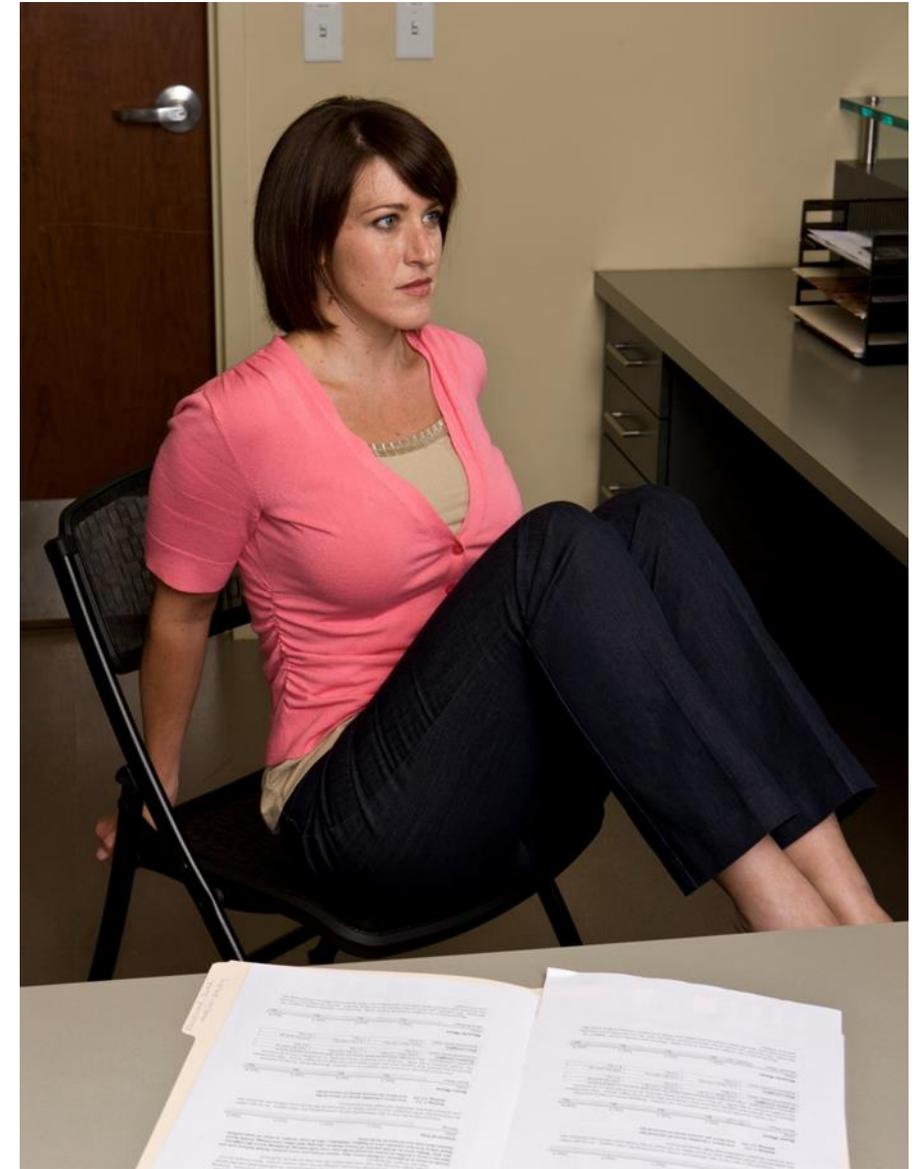
Pelvic Tilt

Sit upright on a chair with your feet hip width apart. Sit close to the front of your chair, so that you are not leaning on the back of the chair. Lean your weight onto one side of your pelvis, and lift the opposite side of your pelvis slightly off the chair.



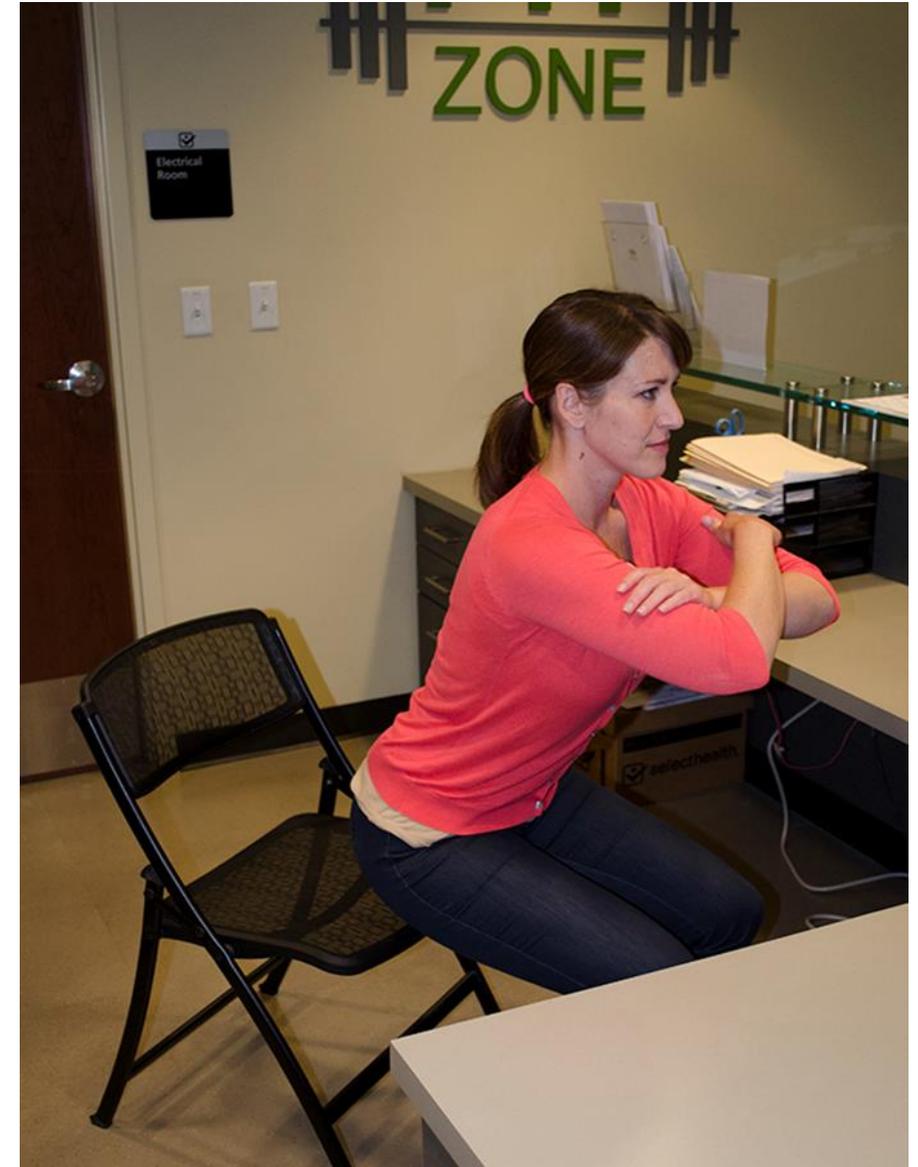
Leg Lifts

Sit on the edge of the chair, with legs bent at the knees 90 degrees and feet flat on the floor. Hold the chair or the armrest with your hands for support. Lean back, keeping your spine straight. Lift both legs up toward your chest, keeping your legs bent at the knees. Then lower your legs to the floor.



Squats

Stand in front of the chair with your legs shoulder-width apart. Squat down like you are sitting on the chair but without actually touching it. Maintain a proper position: back straight, knees above the feet, weight on the heels. Keep your hands together, arms bent at the elbows. Straighten your legs to go back to the starting position.



Lunges

Step forward with one leg, lowering your hips until both knees are bent at about a 90-degree angle.



Wall Sit

Place your back against a wall with your feet shoulder width apart and a little ways out from the wall. Then, keeping your back against the wall, lower your hips until your knees form right angles.



Calf Raises

Stand behind the chair, grabbing the backrest with your hands. Stand on your tiptoes as high as possible without changing the position of your hips or knees and hold it for one second. Lower your heels, then go back to your tiptoes.



Foot Alphabet

Using your left foot, write the letters of the alphabet in the air. Do the entire alphabet. Then, use your right foot to write the alphabet.

