

GET MOVING!

Think you don't have enough time to exercise each day? Think again! Even a few minutes of movement each day can boost your energy level, ease back pain and increase productivity. Try these 8 moves that can be done at your desk.

Lower Body



Leg Raises

While seated, straighten 1 or both legs until they are parallel to the floor and hold in place for 5 or more seconds. Then lower your leg without letting your foot touch the floor. Repeat for 15 reps.



Squats

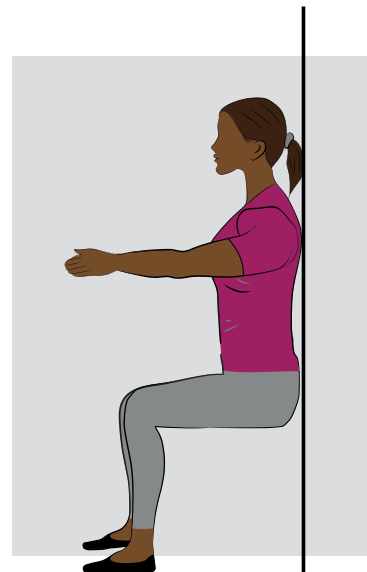
Stand with feet together or shoulder width apart. Bend the knees slightly so the thighs are almost parallel to the ground, as if sitting in a chair. As you bend, raise the arms straight up or toward the computer screen. Keep the knees behind your toes. Hold for 15 seconds and release.

Upper Body



Bicep Curl

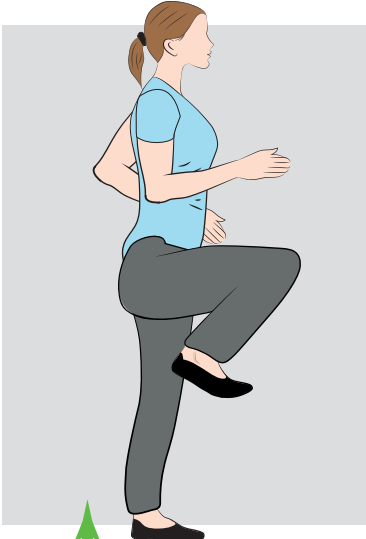
Use a dumbbell or full water bottle as a weight. Place weight in your hand with the palm facing upward. Starting at the thighs, bend the elbow and curl arm up toward chest. Pause, then lower the weight. Continue for 12-15 reps, then switch.



Wall Sit

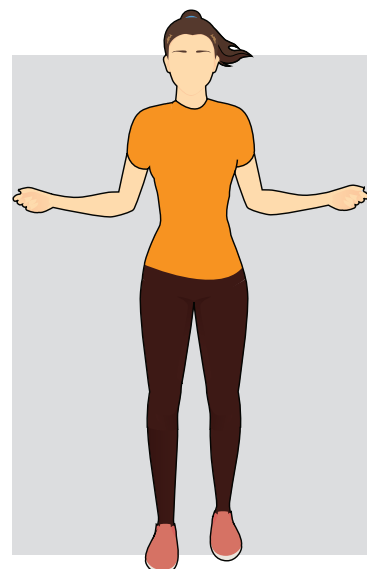
Take a sitting position in the air with your back against a wall. Keep your legs bent at the knee at a nearly 90 degree angle, hold your arms out straight, and that's it. Recommendation: Perform two to three sets for 30 to 60 seconds each per day.

Cardio



March in Place

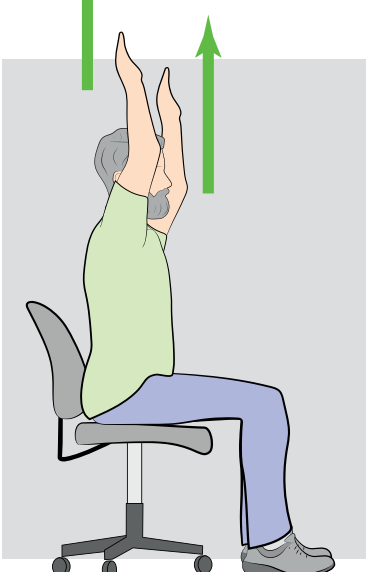
While standing, lift your knee to the height of your abdomen, then lower foot to the floor. Switch. Place your hand on your desk for stability, if needed. Repeat at a fast pace for 60 seconds.



Jump Rope

Pretend you're holding a jump rope. Hop on alternate feet, or on both feet at once. Continue for 60 seconds.

Stretches



Sitting Tall Stretch

Sitting tall in your chair, stretch both arms over your head and reach for the sky. After 10 seconds, extend the right hand higher, then the left.



Neck Stretch

Tilt your head to the left so that your left ear nearly touches your left shoulder. Using your left hand, press your head a little lower. Hold for 10 seconds. Relax, and then repeat on the other side.