

# Staying Active at Work

If you have a job that keeps you seated for most of the day, you may need to be creative about finding ways to get moving. Here are some simple chair exercises that can be done at your work station or at home. Note: if your chair rolls, lock your wheels for safety.



## Push up

Put one hand on each arm of your chair. Push yourself up off the chair. Lower yourself back down slowly, but don't let your bottom touch the seat. Repeat 15 times.



## Leg raise

Lift one leg off the seat and stretch it out straight. Hold for two seconds. Then lower your foot but don't let it touch the floor. Hold for several seconds then switch. Repeat with each leg 15 times.



## Bicep curls

Keep small weights at your desk to do bicep curls. Remember to keep your elbow by your side and your palms facing in. No weights? Improvise with a bottle of water.



## Arm stretch

Stretch your arms over your head toward the ceiling. Then stretch your right hand just a little higher than the left. Switch and stretch your left hand higher.



## Torso stretch

Turn your head to the left and twist your upper body to the right. Hold that pose for a few seconds. Then switch directions and twist everything the other way.



## Stomach squeeze

Tighten your stomach muscles and hold that pose for several seconds. Relax, and then do it again. Try to do 15 of these.



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