

GET MOVING!

TIPS FOR YOUR BUSY WORKDAY



GETTING UP AND MOVING THROUGHOUT THE DAY HELPS TO BEAT THE AFTERNOON SLUMP BY BOOSTING CREATIVITY, PROMOTING PRODUCTIVITY, AND GENERATING ENERGY! TAKE BREAKS, GET UP AND WALK AROUND! STEPPING AWAY FROM YOUR DESK GETS THOSE STEPS UP! HERE ARE SOME SUGGESTIONS FOR INCREASING YOUR STEPS DURING YOUR WORKDAY!

- REFILL YOUR WATER BOTTLE A FEW TIMES A DAY.
- TRY OUT A WALKING MEETING.
- GO SAY HI TO YOUR FAVORITE CO-WORKER.
- PARK FURTHER AWAY.
- GO FOR A STROLL AFTER LUNCH.
- TAKE THE STAIRS.
- CHECK OUT THE NEXT PAGE FOR GREAT DESK EXERCISES!



GET MOVING - DESK EXERCISES

1 TRICEP DIPS

PUT YOUR ARMS BEHIND YOUR BACK, RESTING ON YOUR CHAIR AND SLOWLY RAISE AND LOWER YOUR SELF.

2 ABDOMINAL STRETCH

SIT ON THE EDGE OF YOUR CHAIR AND STRETCH YOUR ARMS OUT. WHILE KEEPING YOUR BACK STRAIGHT, CONTRACT YOUR ABDOMINAL MUSCLES. RELAX AND REPEAT.

3 LOW-IMPACT JUMPING JACKS

RAISE YOUR RIGHT ARM AND TAP YOUR LEFT TOE TO THE SIDE AT THE SAME TIME. KEEP YOUR RIGHT FOOT ON THE FLOOR. ALTERNATE SIDES FOR A FULL MINUTE.

4 LEG EXTENSIONS

WHILE SITTING IN YOUR CHAIR, EXTEND YOUR RIGHT LEG UNTIL IT IS LEVEL WITH YOUR HIP. HOLD AS LONG AS YOU ARE COMFORTABLE AND THEN RELAX IT. ALTERNATE SIDES.

5 WALL SITS

REST YOUR BACK AGAINST A WALL AND MOVE YOUR FEET AWAY FROM THE WALL. THE WALL SHOULD BE SUPPORTING THE WEIGHT OF YOUR BACK AND YOUR KNEES SHOULD BE BENT. HOLD THE POSITION AS LONG AS POSSIBLE.

4 FLAPPING WINGS

STRETCH BOTH OF YOUR ARMS UP AND BACK, AS FAR AS YOU CAN. BRING THEM FORWARD UNTIL THEY MEET AND STRETCH YOUR ARMS OUT IN FRONT OF YOU. REPEAT.