

Office Based Exercises

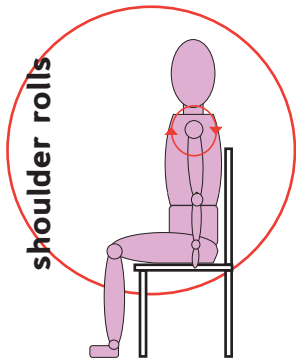
At Your Desk

Try to perform the following exercises at least once a day and twice a day to get the best results.

The following exercises are to help mobilise your muscles and joints without interfering with your days work and will be especially effective for those of you whose work is predominately sitting behind a desk all day.

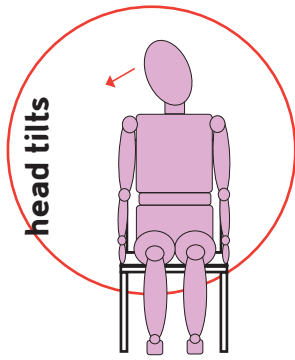
These exercises will help to:

- Refresh and Energise the mind
- Reduce joint and muscle stiffness
- Increase blood circulation



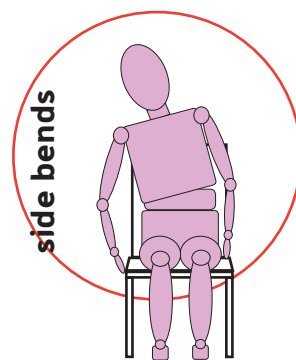
shoulder rolls

Sitting tall, lift shoulders and roll back x8 and forward x8.



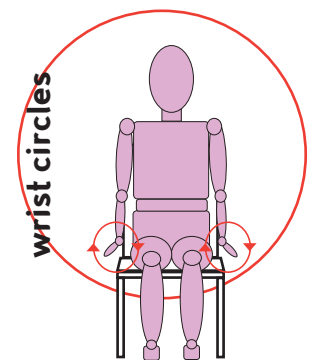
head tilts

Sitting tall, lower right ear to right shoulder, then repeat other side x8.



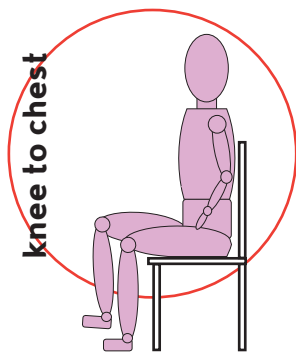
side bends

Sit feet apart, keeping back straight, bend to each side x8.



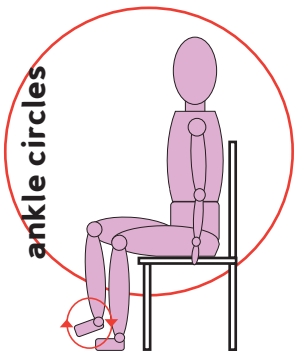
wrist circles

Sitting or standing, circle both wrists each way x8.



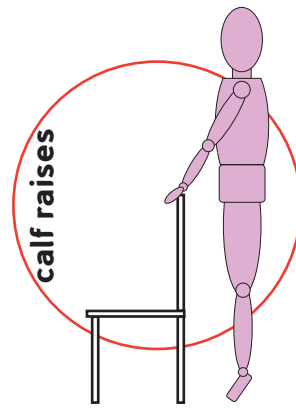
knee to chest

Sitting tall, lift knee up to chest and lower x8 repeat other leg x8.



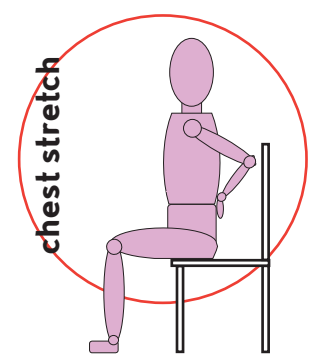
ankle circles

Lift one leg and circle ankle each way x8 then repeat on other leg.



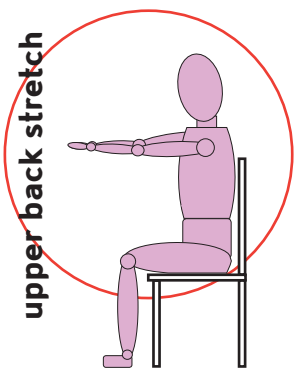
calf raises

Stand feet apart, toes forward, lift up onto ball of foot, hold for 2 seconds and lower again. Repeat x8.



chest stretch

Place hands onto lower back, push shoulders and elbows back slowly and hold for minimum of 8 seconds.



upper back stretch

Place both hands together and lift out to chest level, arms straight and knuckles facing out. Drop chin on to chest. Hold for minimum 8 seconds.

Take a 30 second walk around your office after the exercises to promote blood circulation and time away from your desk.

All the above exercises can be done stood up or sat in a chair, they will only take around 3-5 minutes each time, however, the benefits will last for much longer.

REMEMBER: Doing something is better than doing nothing.