



# Staying Active at Work

Adding some exercise outside of your normal job can help to promote overall wellness both physically and mentally. Here are five simple steps to promote taking a walk throughout your day:

1. Take 5 mins from your break time or lunch to get outside for a quick walk even if it's down the parking lot and back. Allowing yourself this time will help you feel more relaxed and give you a burst of energy.
2. Take the stairs instead of the elevator.
3. Post signs in conference rooms or offices to promote walking or standing meetings.
4. Get a walking group together to support and encourage each other to get up and move.
5. Park farther away when coming into work.

Remember every little bit adds up so pick 5-10 mins throughout your day to add not only steps in your life but minutes onto your life!

## Exercises You Can Do at Your Desk

A “repetition” or “rep” is one complete movement of a given exercise. A “set” is a given number repetitions done in sequence. Start by doing one set for each exercise – if you feel good, you can add a second set. Do two sessions this week.

### STRENGTH EXERCISES

#### Chair Leg Extension

*Muscles strengthened: Quadriceps (thighs)*

Press your tailbone firmly against the back of the chair. If the chair is adjustable, move the height so your thighs are parallel to the ground. Lightly grasp the armrests or the edges of the seat pad.

Keeping your back straight and looking straight ahead, slowly extend your right leg with your foot flexed toward your shin. At the top of the movement, your leg should be fully extended, but don't forcefully lock out your knee. Slowly return to the starting position. Do 10 repetitions, then repeat with your left leg (this is one set).

*continued on back ...*

## Isometric Hand Press

*Muscles strengthened: Biceps, triceps, chest*

Sitting upright in your chair, grasp your hands together in front of your chest, and firmly press them together. Make sure you continue to breathe throughout the exercise. Hold for 10 seconds and then relax for 10 seconds, then repeat four more times.

## Wall Push-Off

*Muscles strengthened: Chest, triceps, shoulders*

Stand about three feet from a wall, and place your hands flush against the wall, about shoulder-width apart. Slowly lower your body toward the wall by flexing your elbows. When your elbows are aligned with your torso, push back up. Do 10 repetitions. Make this exercise more challenging by using your desk: Stand several feet away and position your hands on the edge of the desk, shoulder-width apart. Then repeat the raising and lowering of your body by flexing your elbows.

## Overhead Press

*Muscles strengthened: Shoulders*

Sitting upright in your chair, flex your elbows so that your left hand is in front of your left shoulder, and your right hand is in front of your right shoulder. Your elbows should be slightly flared out to the sides, just below shoulder-level. Lightly clench your fists with palms facing forward. Next, fully extend your elbows without locking them out, with your hands moving toward the center over your head. Slowly return to the starting position. Complete 10 reps. To make the exercise more difficult, use a book to press overhead.

## Drawing-In Maneuver

*Muscles strengthened: Mid-section*

Sit upright on the edge of your chair, grasping

the arm rests or the edges of the seat pad. You can also stand with your hands on your hips, feet shoulder-width apart. Next, pull your stomach up and in as far as possible -- think of pulling your belly button toward your spine. Hold that position for the count of five to ten, then release. Do 5 to 8 repetitions.

## FLEXIBILITY EXERCISES

### Side Bend

*Muscles stretched: Back and sides*

Sit at the edge of your chair with your back straight, and interlace your fingers with your palms facing away from you. Reach your arms straight above your head, then lean to the left from the waist and hold. Next lean to the right and hold.

### Cross Arm

*Muscles stretched: Upper back*

Sit upright and bring your right arm across your upper body at about shoulder level. Your elbow should be slightly flexed. With your left hand, grasp under your right arm just above the elbow. Gently pull your right arm across your chest, toward the left, and hold. Don't shrug your shoulders -- keep them relaxed. Repeat with your left arm across your upper body.

### Neck Stretch

*Muscles stretched: Neck*

Sit or stand with your head upright. Slowly turn your head to the right as far as comfortably possible and hold, then turn slowly to the left and hold. Next, let your head fall gently toward your chest and hold. Avoid tilting your head backward -- it weighs about 10 pounds, so this can put too much stress on your upper spine.



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