

5 SIMPLE EXERCISES TO INCORPORATE INTO YOUR WORKDAY

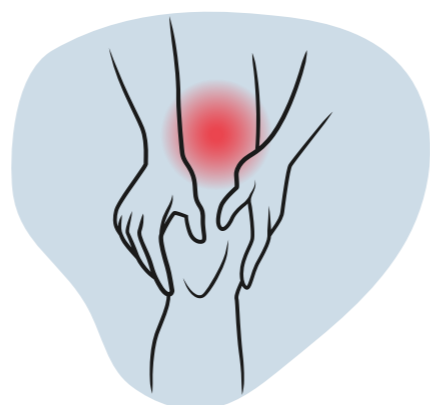


In today's digital age, it's easy to find yourself spending extended periods of time during the workday sitting at a desk or doing other sedentary tasks. This can have adverse effects on health, but by incorporating simple exercises into your workday routine you can help counteract the negative impact.

The following five exercises are easy to perform, require minimal time, and can help make a difference in how you feel.

DESK CHAIR SQUATS¹

Desk chair squats are an effective method to engage your lower body while at work. This exercise targets your quadriceps, hamstrings, and glutes, offering a quick and convenient way to help counteract the physical strain of prolonged sitting.



How to do: Stand up from your chair with your hands outstretched in front of you and your feet shoulder-width apart. Lower your body back down as if sitting into the chair, but before your glutes touch the seat return to a standing position. Repeat this several times (aiming for 10 repetitions can be a good starting point).

WRIST ROTATIONS²

Help alleviate tension caused by typing or writing with this simple wrist stretch, which promotes blood flow and increased flexibility to your forearms and wrists.

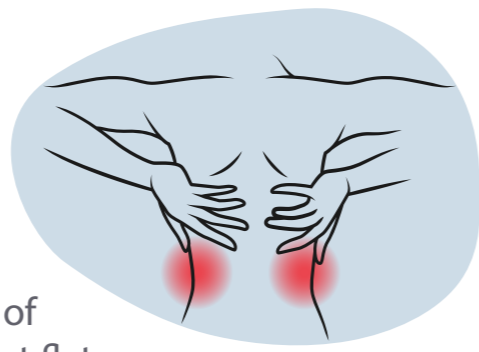


How to do: Extend your arms in front of you and make a fist with both hands. Then begin rotating your wrists clockwise in a small circular motion, gradually increasing the size of the rotational circles as you go. After several seconds of this, reverse directions.

OBLIQUE TWISTS³

This exercise, which helps strengthen the muscles on the side of your abdomen, can help with back support and good posture.

How to do: Extend your arms in front of you while sitting on a chair with your feet flat on the floor. Lean back at a 45-degree angle, contract your abs, and slowly twist to the right while keeping your arms straight. Hold the position for a few seconds before switching to the left side.



NECK ROTATIONS⁴

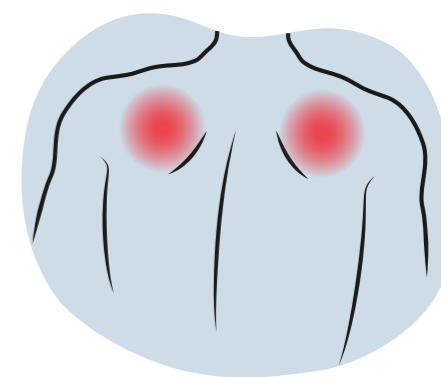
It's easy to carry tension in your neck, especially if you're looking at screens for long periods of time. This exercise can help increase mobility and release tension in your neck muscles.



How to do: Start by sitting or standing comfortably with a straight spine. Proceed to turn your head to your right while comfortably looking over your right shoulder. Hold this position while taking five breaths before reversing directions.

SHOULDER BLADE SQUEEZES^{5,6}

Reset your shoulders and open your chest muscles to help mitigate pain with this simple exercise.



How to do: While standing or sitting straight, pull your scapula bones back and downwards. Hold the position for a few seconds before relaxing and repeating.

Incorporating these exercises into your routine doesn't require much time or space but can help contribute to your overall well-being. By performing these movements during your work shift, you can face the rest of the day with reduced stiffness, increased focus, and renewed vigor.

This infographic is for informational purposes only and does not constitute professional medical advice. Consult with your healthcare provider before starting an exercise program.

¹Yetman, Daniel. "30 Office Exercises to Try Right Now." *Healthline*, 2021.

²Pedemonte, Sergio. "Exercise Tutorial: Wrist Rotations." *Your House Fitness*, 2022.

³"Six Desk Exercises That Help You Get Stronger While Working." *Cleveland Clinic*, 2023.

⁴"Neck and Jaw Stretching Exercise." *UMMC*, 2023.

⁵LeBrun, Nancy. "Shoulder Blade Stretches: Exercises to Relieve Pain in The Shoulders." *Healthgrades*, 2022.

⁶"Shoulder Blade: Exercises." *My Health Alberta*, 2022.