

MOVE IT! MONDAY

Exercises to do at Work!

(Lower Body)



The Twinkle Toe

Tap into your inner Fred Astaire by speedily tapping those toes on the floor under your desk. Or graduate to a harder (and less inconspicuous) move: Stand in front of a small trashcan and lift up those legs to tap the toes on its edge, alternating feet, in soccer-drill fashion.

The slog, then the jog

Instead of slogging away for hours nonstop, take a mini break for a stationary jog. Pop up from your chair (admire the butt imprint left behind!) and jog in place. Willing to huff and puff a little more? Pick up those knees! Continue for one minute, return to spreadsheets, and repeat.

Last Man Standing

Sure, standing around isn't exactly traditional exercise, but research shows it's got more than a leg up on sitting. After all, long periods of sitting are linked to increased risk for diabetes, obesity, and cardiovascular disease, whereas standing significantly increases your daily caloric expenditure .

The Stair Master

Want to avoid elevator small talk in favor of elevating the heart rate? Take the stairs! Accelerate on the straight-aways and take two at a time every other flight for a real leg burn.

The Cubicle Wanderer

Walking during work is totally underrated . Take a stroll down the hall to catch up with coworkers or welcome a new employee. Or, instead of dialing extensions and sending lazy emails to the manager two doors down, put in some face time. Just beware of tempting candy jars when making the rounds.

The Patient Printer

The boss lady just requested that a 200-page presentation be printed "perfectly." Why lackadaisically stand by the printing pages when you could be sculpting your calves with calf raises? Standing with feet shoulder-width apart, press up onto the tippy toes, pause at the top, then lower back down. Repeat for three sets of 12-15 reps, or until the printing, faxing, or scanning is done. Ready to level up? Try raising only one leg at a time.

The Mover & Shaker

There's nothing wrong with a brief spaz sesh. Release stress and spark some energy with a quick bout of seated dancing when no one is looking! Salsa anyone?

Wall (Street) Sit

Wall sits are great for building strength and endurance. Standing with your back against the wall, bend the knees and slide your back down the wall until the thighs are parallel to the floor. Sit and hold for 30-60 seconds (or up to 12 hours, the world record!), while browsing the Wall Street Journal (or BuzzFeed). For some extra burn, try crossing the right ankle over the left knee, hold for 15 seconds, then switch!

Desk Squat

Mastered the art of standing around? Add a squat! Start standing with feet together (and the desk chair pushed out of the way). Bend the knees slightly so the thighs are almost parallel to the ground, as if sitting in a chair. As you bend, raise the arms straight up or towards the computer screen. Keep the knees together and aligned. Hold for 15 seconds and release. Repeat for 4-6 reps.