

MOVE IT! “MONDAY”

Exercise at Your Desk

There are countless ways to sneak more exercise into your day!



1. Walk/Jog/Run in Place

30–45 seconds. 3–5 times. This one is as simple as it sounds. Stand up from your chair and get to it. Anyone can do this one, you are in control of the intensity based on the pace you choose. Want an even bigger challenge? Bring your knees up to waist level.

2. Push ups (wall, desk)

The modifications are to do them on the wall or on the edge of your desk. (10reps/3 times)

3. Squats

From your chair, stand up, sit back down and repeat 10 more times. Simple!

4. Tricep Dips

Use your desk or your chair if it doesn't have wheels on it. Position your hands shoulder-width apart on that desk or chair, then move your butt off the front with your legs extended out in front of you. Straighten your arms, keeping a little bend in your elbows to keep tension on your triceps and off your elbow joints.

5. Pretend Jump Rope

Hop on both feet at once, or alternate. Increase the intensity by adding the arm movements you would do if you had a rope.

6. Calf Raises

Stand up behind your chair and hold on for support. Raise your heels off the floor until you are standing on your toes. Slowly lower yourself back to the floor. Do 3 sets of 10.

7. Wall Sit

Stand with your back against the wall and slowly lower yourself into a seated position and hold for 10–30 seconds at a time.

8. Lunge

With one leg in front of the other, gently lower the knee of your back leg down towards the ground. Like you were going to propose to a co-worker. 10 times on each leg.