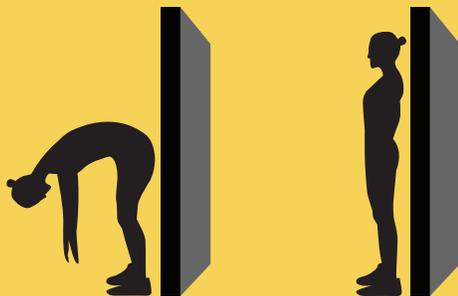


Let's Deskercise!



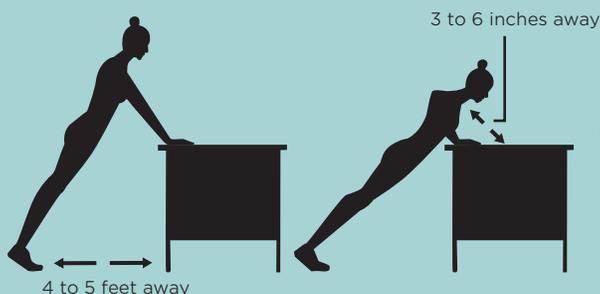
The negative health effects of prolonged sitting have been well-documented. These 4 simple exercises can be done at your desk to keep you moving during your workday.



1. Wall Spine Roll Down

Encourages blood flow and helps to release tension in the whole body. Helps to build great posture.

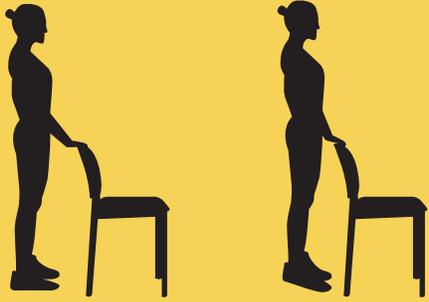
1. Stand with feet hip-distance apart
 2. Press back to wall
 3. Slowly roll down your spine
 4. Bend knees slightly
 5. Don't move hips from wall
 6. Let head and arms hang
 7. Slowly roll back up
- Reps: 5 to 8



2. Desk push-ups

Improves upper body strength

1. Plant hands on edge of desk
 2. Lower chest toward desk
 3. Keep elbows close to torso
 4. Stop when chest is 3 to 6 inches from edge of desk
 6. Push yourself back up
- Sets: 3 / Reps: 10 to 15



3. Calf raises

Strengthens and stretches calf muscles

1. Put hands on back of chair
2. Raise heels off the ground
3. Hold for 3 to 5 seconds

4. Slowly lower heels back down
- Sets: 3 / Reps 10 to 15



4. Chair Squats

Strengthens quadriceps, gluteus maximus and calves

1. Stand in front of chair
2. Sit back into a squat
3. Keep weight on heels

4. When almost touching chair, push back up using leg muscles
- Reps: as many as you can in 1 minute

**If you have any health concerns, please consult with your doctor prior to doing these exercises.*

From the expert

“By adding a little extra activity into your day, you can protect your health and actually reverse or reduce health risks associated with being sedentary.”

— Olga Hays, ACE-certified personal trainer and health promotion specialist at Sharp HealthCare

