

# Office Based Exercises

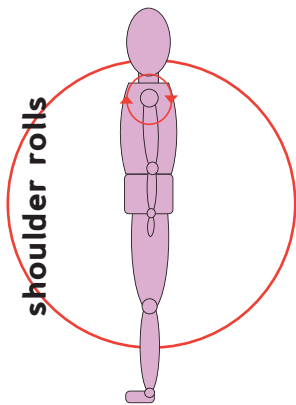
## At your Desk

Try to perform the following exercises at least once a day and twice a day to get the best results.

The following exercises are to help mobilise your muscles and joints without interfering with your days work and will be especially effective for those of you whose work is predominately sitting behind a desk all day.

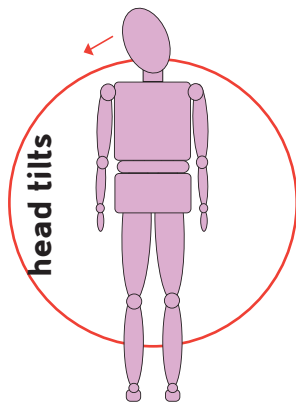
These exercises will help to:

- Refresh and Energise the mind
- Reduce joint and muscle stiffness
- Increase blood circulation



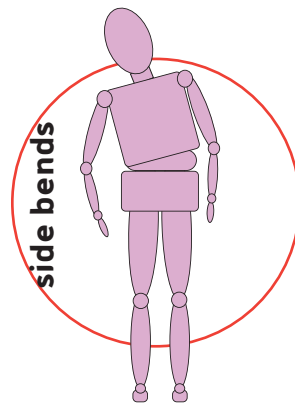
shoulder rolls

Stand tall, lift shoulders and roll back x 8 and forward x 8.



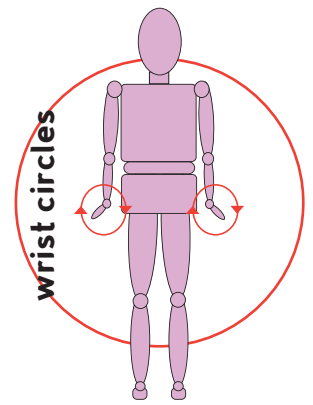
head tilts

Stand tall, lower left ear to left shoulder, then repeat other side x 8.



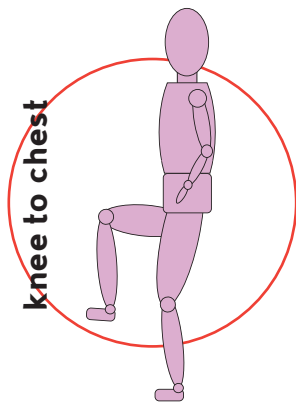
side bends

Stand feet apart, knees soft, keep back straight, bend to each side x 8.



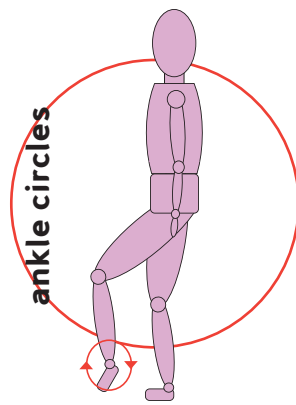
wrist circles

Sitting or standing, circle both wrists each way x 8.



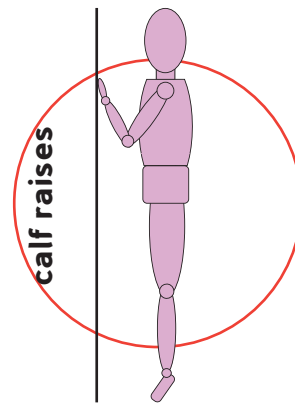
knee to chest

Stand tall, lift knee up to chest and lower x 8 repeat other leg x 8. Hold onto chair for balance if needed.



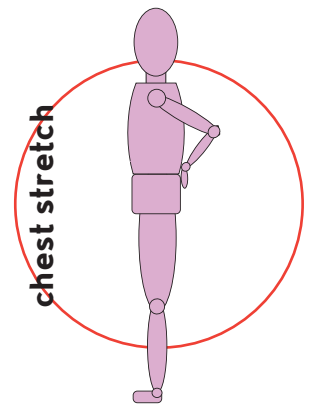
ankle circles

Lift one leg and circle ankle each way x 8 then repeat on other leg. Hold onto chair for balance if needed.



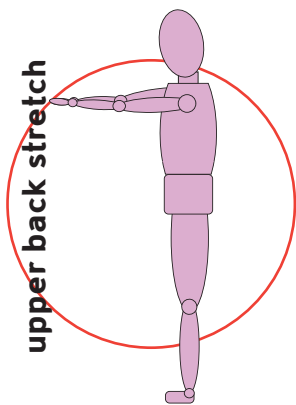
calf raises

Stand feet apart, toes forward, lift up onto ball of foot, hold for 2 seconds and lower again (hold onto chair or wall for balance if needed). Repeat x 8.



chest stretch

Place hands onto lower back, push shoulders and elbows back slowly and hold. Hold for minimum 8 seconds.



upper back stretch

Place both hands together and lift out to chest level, arms straight and knuckles facing out. Drop chin on to chest. Hold for minimum 8 seconds.

Take a 30 second walk around your office after the exercises to promote blood circulation and time away from your desk.

All the above exercises can be done stood up or sat in a chair, they will only take around 3-5 minutes each time, however, the benefits will last for much longer.

**REMEMBER:** Doing something is better than doing nothing.