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.

- Ankle Circles: Stand tall, lift knee up to chest and lower x8 repeat other leg x8. Hold onto chair for balance if needed.
- Knee to Chest: Stand tall, lift knee up to chest and lower x8 repeat other leg x8. Hold onto chair for balance if needed.
- Wrist Circles: Sitting or standing, circle both wrists each way x8.
- Shoulder Rolls: Stand tall, lift shoulders and roll back x8 and forward x8.
- Head Tilt: Stand tall, lower left ear to left shoulder, then repeat other side x8.
- Side Bends: Stand feet apart, knees soft, keep back straight, bend to each side x8.
- 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.
- 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 x8.
- Shoulder Rolls: Stand tall, lift shoulders and roll back x8 and forward x8.
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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

Try 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.

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