

USE YOUR CUBICLE AS A GYM!



We know you are busy and don't always have a chance to make it to the gym, but you don't have to skip your workout all together! Kick off your heels and use your office or cubicle as your gym. Doing short periods of exercise throughout the day can be very beneficial. As little as three minute bouts throughout the day can be just as advantageous as working out straight for 30 minutes. This can even help you be more productive through the workday!

Do 10 repetitions of each exercise three times throughout the day.

Tricep dip using your desk

Put your hands on the front edge of your desk with your back to the desk so your hands are behind you. In this position bend at the elbows and control the lowering of your body with your arms. Stop the movement when your upper arms are parallel to the ground. When you reach this point, push with your arms and move back into the starting position with your arms straight.



To progress this exercise move your feet slightly farther away from the desk.

Visit tricep chair dip on page 20 in your workbook to see a picture. (You will be using your desk instead of a chair).

Desk Push Up

Facing your desk place your hands on the edge and stand arms length distance away. Your back should be straight and your arms placed on your desk slightly greater than shoulder width apart. Bend elbows and bring your chest towards your desk. When the movement is completed, push yourself back up to your starting position.



Seated Crunch in your office chair

Sit on the edge of your chair. Cross your arms in front of your chest. Lean back in your chair while keeping your back flat. Lean back until you almost touch the back of your chair and then come back up to the starting position.



Basic Squat

Stand with your feet shoulder width apart. Keep your abs tight and your back straight and slowly sit back like you are sitting in a chair and then return to starting position. (You may use your chair as a stopping point.)



To progress this exercise you can put in a jump as you come back to the starting position.

March in Place

While on a conference call, stand up and march in place. You can also march while sitting in your chair.

Stretches

Seated Twist-Sit up straight in your chair and twist keeping hips stationary.

Touch the sky-Reach your arms up to the sky and then as far back as you can safely go.

Side stretch-While standing reach your one arm over head and to the opposite side.

Arm Circles-While standing rotate each arm around in big circles both forward and backward

Hip opener-Sitting in your chair cross one leg over the other so that the ankle rests just above the knee. Lean forward to feel a nice stretch in the hips and buttocks.

Neck Stretches-Stretch your neck from side to side. Don't roll your neck

Roll your shoulders-backwards and forwards

Wrist stretch-Extend one arm out in front with palm up and grab fingers with opposite hand. Gently pull fingers towards you to stretch the forearm. Repeat with opposite hand.

Hold these stretches for 20 to 30 seconds each. Make sure you perform all stretches on both



sides of the body.

Breathing Exercises-breathe in deeply through the nose feeling the diaphragm expand and then exhale through your mouth.

Other helpful tips:

- Pick a “bad” parking spot that is farther away from your work
- Take the stairs instead of the elevator or escalator
- Walk to talk to co-workers instead of email or simply take a quick walk around the office to break up all the sitting you do throughout the day
- Always keep water by your desk and sip on it throughout the day

To see a video of some of the exercises as well as other office exercises visit:

<http://www.livewellnebraska.com/article/20110926/LIVEWELL02/709269968>