

# Essential Exercises & Stretches You Can Do Without Leaving Your Office

Brief breaks every 30 minutes can help renew your mind and help reduce chronic pain from long periods of sitting.



## STRETCHES

Incorporate one or more of these stretches and exercises as microbreaks (1 – 2 minutes) every 30 – 60 minutes. Be sure to stand up and stretch your whole body. Alternate between stretches and exercises. **Complete 2 sets of each.**

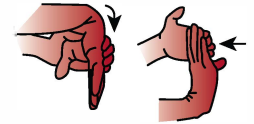
### Seated Hamstring Stretch with Ankle Roll

Sit in your chair with both feet flat on the ground. Extend one leg and reach toward your toes. Hold for 10 – 15 seconds while breathing. Repeat on the other leg. Additionally, while your leg is extended, lift it off the ground and rotate your foot clockwise 10 times. Repeat counterclockwise.



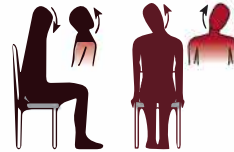
### Wrist/Forearm Stretch

Stretch out your arm in front of you. Slowly point your fingers downward and use your other hand to gently pull your raised hand towards your body hold for 3 – 5 seconds. Point your fingers up towards the ceiling, and use your other hand to gently pull your raised hand towards your body hold for 3 – 5 seconds. Repeat for each for 2 sets.



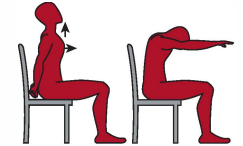
### Seated Neck Stretch

Sit tall with feet flat on the floor. Without leaning back in the chair. Relax your chin toward your chest, hold. Lift your chin towards the ceiling, hold. Bring your head forward and tilt right ear to your right shoulder. Hold. Repeat on the left side. Breathe deeply through the stretch for 10 seconds each.



### Seated Chest & Back Stretch

Clasp your hand behind your lower back. Push your chest outward and raise your chin. Hold for 10 – 15 seconds and breathe. Stretch out your arm in front of you with palms down. Lower your head inline with your arms and round your upper back while looking at the floor. Hold for 10 – 15 seconds and breathe.



### Seated Shoulder Roll

Raise both shoulder toward your ears and slowly roll backward for 10 seconds. Repeat rolling forward. Sit tall and breathe.



### Seated Ceiling Reach

Clasp your hands together above your head. With palms facing upward push your arms up and stretch upward. Hold for 10 – 15 seconds and breathe.



### Seated Lean Stretch

Sit up tall and raise your arm overhead. With the right hand bending to left side. Hold for 10 – 15 seconds while breathing normally.



### Seated Shoulder Pull

Sit tall with feet flat on the floor. Without leaning back in the chair. Engage your abs and bring your right arm across your chest while holding it below the elbow. Relax your shoulders down and away from your ears. Hold for 10 – 15 seconds and breathe.



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## DYNAMIC EXERCISES

Incorporate one or more of these stretches and exercises as microbreaks (1 – 2 minutes) every 30 – 60 minutes. Be sure to stand up and stretch your whole body. Alternate between stretches and exercises. **Complete 2 sets of each.**

### Seated Marches

Sit in your chair with your back straight. While bending at the knees take quick steps as fast as you can for 15 – 20 seconds.



### Seated Leg Extensions

Sit on the edge of your chair with arms by your side. Extend out your right leg and flex your right foot so that your heel is on the floor. Lift your leg as high as you can without rounding your back. Hold for 2 counts, then lower. Complete 10 times each leg.



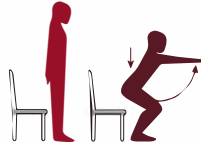
### Seated Reverse Shoulder Fly

Sit on the edge of the chair then lean forward keeping a natural bend in your back. Palms facing other raise your arms straight to your sides then pause while breathing. Return to the start. Repeat 10 – 12 times.



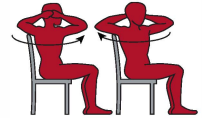
### Chair Sit and Stand

Stand in front of the chair with your legs shoulder-width apart. While maintaining a proper position: back straight, knees above the feet, weight on the heels, navel pulled in. Squat down like you are sitting on the chair but without touching it. Straighten your legs to go back to the starting position. Repeat the movement 10 – 12 times.



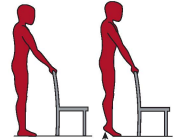
### Seated Torso Twist

Sit on the edge of your chair with knees bent, lean slightly back without rounding your spine. Bend your arms so that your elbows are level with the bottom of your ribcage. Pull in your navel and twist slowly to the right. Inhale and twist left. Dynamically repeat 20 times.



### Standing Calf Raises

Standing behind your chair for support, raise your heels off the floor until you are standing on your toes. Slowly lower back to the ground. Repeat 10 – 12 times.



### Desk Push-ups

Position yourself a few feet from your desk, while standing. Keep your feet together. Place your palms on the edge of your desk, about a shoulder width away from each other. Lower down to the edge of the desk, and push back to the starting position. Perform 8 – 15 times. To modify, perform push-up against a wall.



### Standing Leg Curl

Standing behind your chair for support Keeping your body straight and firm, raise one foot up to your backside and then lowering it down. Repeat the process for 10 – 12 times, and then switch to the other leg and repeat.

