

10 reasons to do these 10 workday exercises.

According to the 2021 ParticipACTION Report Card on Physical Activity for Adults, only 12% of adults 18 to 79 years of age achieved 8 or fewer hours of sedentary time per day. Sorry folks, but that is an epic fail! If you have a desk job, it might seem impossible to do anything but sit all day to get your work done. But even just a few minutes of activity every 30 to 60 minutes can have a positive effect on your health.

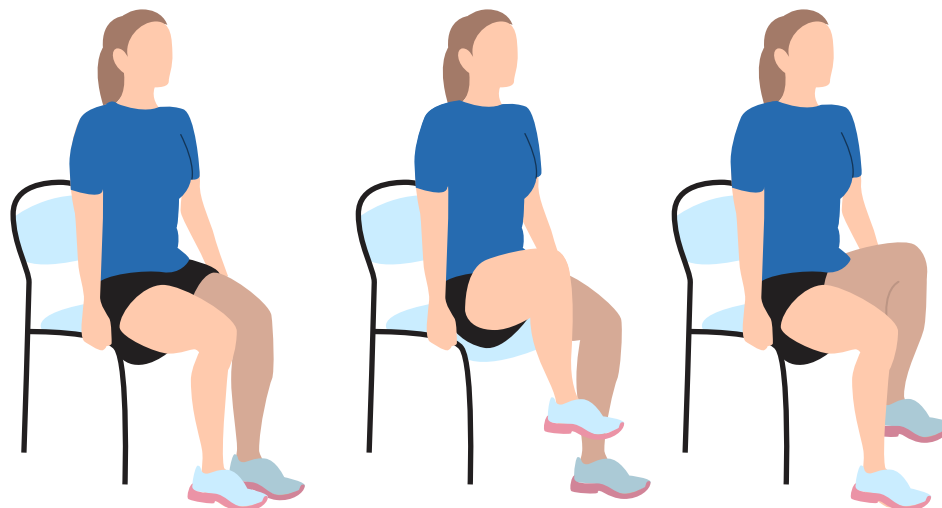
10 reasons why you should exercise during your workday

1. Better mood
2. Increased cognitive functioning
3. Improved productivity
4. Enhanced concentration
5. Improved memory
6. Increased enthusiasm
7. Reduced stress
8. Decreased risk of health conditions and diseases
9. Improved sleep
10. Decreased boredom and burnout

10 exercises that you can do from your office chair

Make sure you use a sturdy chair. Stop any exercise that causes pain or discomfort.

1. Seated March



1. Sit up straight with your feet flat on the floor, hip-distance apart.
2. Grasp the edges or armrests of the chair with both hands and engage your abdominal muscles to help keep your body tall.
3. Lift your right leg with your knee bent as high as you comfortably can, as though doing a high-knee march.
4. Lower your right foot to the floor with control.
5. Repeat on the opposite side.

Perform at least 20 alternating marches. Repeat two to three more times.

2. Seated leg extensions



1. Sit close to the edge of your chair. Grasp the edges with your hands and clench your abdominal muscles.
2. Extend your right leg out straight and flex your foot so that just the right heel is on the floor.
3. Keep your foot flexed and lift your leg up as high as you can without rounding your back.
4. Hold for two counts, then lower. Repeat with the other leg.

Perform 10 times on each leg.

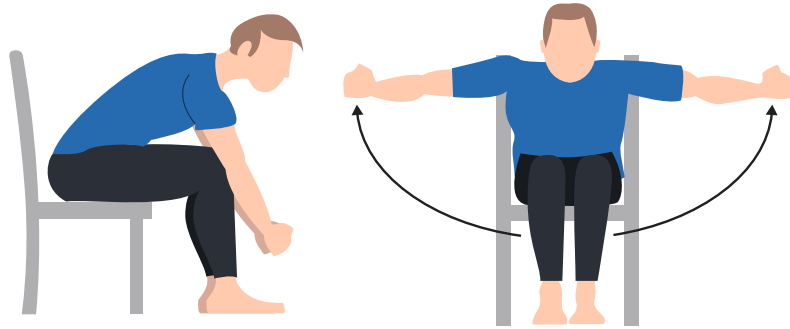
3. Seated bicycle crunches



1. Sit with your feet flat on the floor and keep your back straight.
2. Position your hands behind your head.
3. Engage your abdominal muscles. Keep your elbows back.
4. Lift one knee toward the opposite elbow, twisting your body down toward it, then return to the seated, straight-back position.

Perform 15 twists, then repeat on the other side.

4. Seated reverse shoulder fly



1. Sit close to the edge of the chair and lean forward. Keep your tummy tight. Your palms should be facing each other.
2. Raise your arms straight out to the side. Squeeze your shoulder blades together. Keep your chin tucked. Pause and then slowly return to the starting position.

Perform 15 times.

5. Torso twist



1. Place feet firmly on the floor and place one hand near the back of your chair.
2. Exhale and twist your upper body toward the arm near the chair back, using your other hand to press against your leg for leverage. Keep your sit bones pressed into the chair.
3. Hold for 2 to 3 deep breaths and repeat on the other side.

Perform 2 to 3 times.

6. Triceps dips



1. Sit on the edge of your chair and grip the edge next to your hips. Your fingers should be pointed toward your feet.
2. Extend your legs with your feet about hip-width apart and your heels touching the ground. Look straight ahead.
3. Press into your palms to lift your body and slide forward just far enough that your behind clears the edge of the chair.
4. Lower yourself until your elbows are bent between 45 and 90 degrees. Push yourself back up slowly until your arms are almost straight.

Perform 10 to 20 times.

7. Seated spine rotation



1. Sit with your feet closer than hip-width apart.
2. Bend from your waist placing one hand on your opposite ankle near the floor.
3. Rotate slowly, opening up your chest, and reach your hand towards the ceiling.
4. Look toward your upper hand.
5. Keep your hip bones pressed into your chair as you rotate.
6. Perform on the opposite side.

Perform 2 to 3 times.

8. Seated hamstring stretch



1. Sit up tall, near the edge of your chair.
2. Place your left foot firmly on the floor.
3. Extend your right leg out keeping your heel on the ground.
4. Slowly fold forward from your hips while you exhale, reaching your chest towards your upper thigh.
5. Allow your head to relax.
6. Hold for a few breaths.
7. Perform on the opposite leg.

Perform 2 to 3 times.

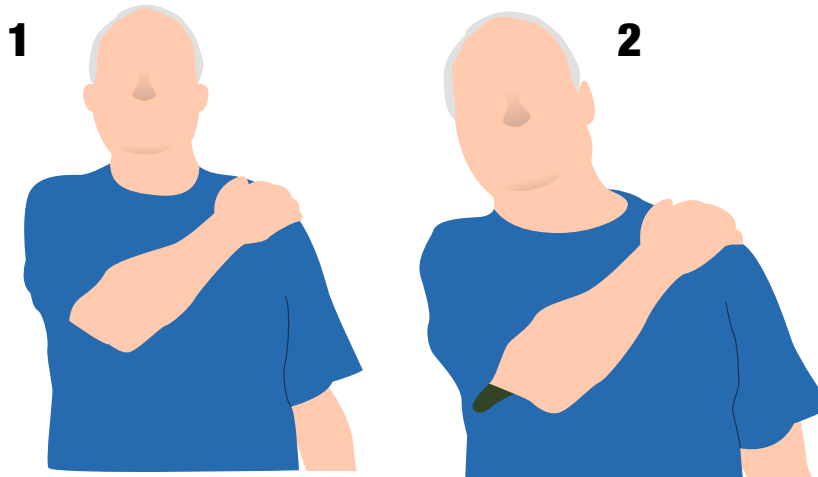
9. Seated backbends



1. Sit near the edge of your chair.
2. Place your hands behind your back with your fingers pointing toward your body.
3. Arch your upper spine so that your chest and chin lift upwards.
4. Elongate your arms, pressing your hands into your chair. Roll shoulders away from your ears.
5. Take 5 to 10 deep breaths. Release pose.

Repeat 2 to 3 times.

10. Neck stretch



1. Sitting up straight, look straight ahead and hold your left shoulder down with your right hand.
2. Slowly tilt your head to the right while gently holding your shoulder down.
3. Hold for 5 seconds.
4. Repeat on the opposite side.

Perform 2 to 3 times.