

light exercises at work



An eight-hour day with little movement can be hard on your body and your mind! Take a few minutes out of your workday to try some of the exercises listed below.

SHOULDER AND ARM EXERCISES

1. Shoulder circles – rotate your shoulders in big circles moving forward in the shoulder socket, then reverse.
2. Shoulder shrugs – bring your shoulders right up to the ears, then lower.
3. Arm circles – rotate your entire arms in big circles moving forward, then reverse.
4. Chest/upper back stretch – bring your arms back to open your chest. Then, bring your arms forward, opening the upper back.

KNEE HUGS

1. Keep the chest lifted. Pull one knee up toward your chest.
2. Use the opposite leg to come up onto your toes with a slight calf raise.
3. Pull up slightly on your knee and rotate outward, stretching the groin muscles.
4. Complete the set on one side before repeating with the opposite leg.

SQUATS

1. Place your feet shoulder-length apart.
2. Bend your knees as if you were sitting in an imaginary chair. Keep your head facing forward and your upper body bent slightly forward with your back straight. Your knees should not extend farther forward than your toes.
3. Reach overhead when returning to a standing position to increase the intensity. You can also add a calf raise as you return to a standing position by lifting your heels.

STANDING HIP HINGE

1. Stand with your feet a few inches apart and put your hands on your hips with thumbs pointing forward.
2. Squeeze your elbows together and hinge forward from the hip without flexing the spine. Keep your knees fully extended and your weight over the balls of your feet.
3. Keep the back muscles engaged and hold this position.

SINGLE-LEG BALANCE WITH ROTATION TOWARD OR AWAY

1. Hold your hands out at chest level in front of you and shift your weight onto your right leg.
2. Bend your left knee slightly so that your left foot is off of the ground.
3. Rotate your arms and your upper body to the right. As you do that, the momentum causes you to shift to the outside of your right foot.
4. Return to a standing position and repeat with the opposite leg.



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Sources
Optum Plus One Fitness

This information is not intended to replace the advice of a physician. It is information that is generally available. Each person has unique medical needs based on several factors including age, genetics, body type and build, medications, exposures to illness and medical history, to name a few. Always seek the advice of a physician or other qualified healthcare provider prior to beginning an exercise program, making dietary changes, or with any questions you may have regarding a medical condition that you are experiencing. If you are suffering from a non-emergent medical situation, it is suggested that you visit the nearest MedExpress center or your family physician. If you believe you are experiencing a medical emergency, call 911.