Get More Active in Your Work Space
with Coach Bob Williams

Break Up Your Work Day with Moderate Exercise

1. Set an exercise session with your smart phone for 5-10 minutes every 3-4 hours to perform up to 6 of these exercises
2. Pick different exercises from the cluster and change weekly
3. Don’t break a sweat
4. Don’t force anything- these movements should be done easy to moderate effort
5. Keep full bottle of water on your desk
6. Consider replacing your office chair with a Thera Ball
7. Adjust chair - Sit tall, remember to pull your belly button to spine
8. Noon hour - walk for 15-20 minutes; use stairs daily

Desk Exercises - Sitting - Upper Body

1. Wrist stretch - extend arm, hold hand in downward position, push lightly until you feel the stretch - hold for 5-8 seconds, 5 x; Switch hands - same reps and sets
2. Strengthen flexor and extensor muscles of the hand - Extend arm, make a hard fist - perform quickly 10 times x 2 sets
3. Upper back strength: Sit up tall in your chair, open your chest and squeeze your shoulder blades together - hold for 5-8 seconds, repeat 5 x
4. Arm Circles - Reach your arms out to the side at shoulder level, rotate forward and back, repeat 10 x each, 2 sets
5. Sitting jumping jacks - While sitting, extend arms over head, touching hands together; repeat 10 x, 2 sets
6. Sitting spinal rotation - fold arms across your body with hands on opposite shoulders, twist trunk as far as is comfortable, 5 x each side, 2 sets
7. Chest Strength- With hands together close to chest, press hands together in front of you and hold for 5-8 seconds. Relax hands on your lap and repeat 5 x, 2 sets
8. Shoulder Strength- Interlock fingers, elbows close to body and resist pulling hands apart - hold 5-8 seconds, repeat 5 x, 2 sets
9. Elbow to shoulder stretch - grab an elbow with opposite hand and slowly pull elbow across your body until you feel a gentle stretch. Hold for 10 seconds 5 x each side, 2 sets
10. Chair Crunch - sit on end of chair and lean back and use Abs to pull you forward—2 sets of 6-10
11. Shoulder rotations - forward and reverse - 5 x each forward and back; Work up to 2 sets
12. Triceps - facing your table with hands on table top - slowly push the table to the ground feeling your triceps flex- hold 5 sec or until arms begin to fatigue; repeat 2 x
13. Biceps strength - Set your core, place hands under table to mid arms and slowly lift for 5-8 seconds until your arms begin not fatigue, repeat 2 x
14. Biceps - with water bottle - arm curls to the shoulders; repeat 10 x, 2 sets
15. Triceps - Bring one arm over your head while holding a filled water bottle. Keep your elbow close to your ear while flexing and extending through the elbow, “pressing” the water bottle towards the ceiling; repeat 10 x, 2 sets
16. Shoulders - outstretch arms in front and side with water bottle - lift from side to over head, 10 x 2 sets
Desk Exercises - Sitting  Upper & Lower Body

1. Quad strength - while sitting in your chair, extend legs, lift toes and tighten quad; 5-6 x each leg, 2 sets
2. IT Band and Glut Stretch - sit with leg crossed (ankle resting on opposite knee), lower chest to leg, keep lower back flat; hold for 10 sec, work up to 30 sec, repeat 2 x
3. Ankle ABC’s - ankles and feet flexibility - While sitting, lift one foot off the ground and with your foot “write” the letters A, B, C, D, ect. only perform each foot from A to G. Gradually work up to A-Z
4. Gas Pedals - sitting, alternate extending and clenching toes- 10 x each foot - work up to 20 times, 2 sets
5. Shoulder shrugs - bring shoulders to ears, rotate one way 5 x and repeat other way, 2 sets
6. 3 Plane Neck Flex - slowly turn head left and the right—increasing your range of motion; Tilt head left then right. 4
7. repetitions each plane, 2 sets
8. Shoulder Rotations - Muscles of upper back and shoulder - draw big circles with shoulders; inhale and expand rib cage as you rotate shoulders. Do 10 slowly, repeat 2 x
9. Spine Rotations - Sit with feet planted solidly, cross arms & slowly turn your trunk clockwise 5 x and turn counter clockwise 5 x. Work up to 10. Avoid moving your hips

Desk Exercises - Standing

1. Quad and gluts strength - stand next to your chair and slowly squat but barley touch chair, then stand slowly- down 2, up 2, x 10 times, 2 sets
2. Legs swings - Swing legs front to back to enhance the mobility of your hips; swing each leg 10 x, 2 sets
3. Desk push ups- While leaning forward on your desk, do a push up. Keep spine straight, perform 2 sets of 5-10; 2 sets
4. Adductor stretch - stand with legs more than shoulder width, hands on hips, slowly shift weight to one side with slight bend in opposite leg. Repeat 5-10 x, 2 sets
5. Calf raises - strengthen muscles of lower legs. Stand on one leg and slowly raise your heel off the floor then lower it to the floor. For better balance, keep hand on your chair. Perform 5-10 times, work up to 20 reps
6. Adductor Stretch with Wide Skater Quad movement- Stand with your feet wider than shoulders. Bend your knee a bit and then shift back and forth while keeping knees slightly bent in squat position
7. Standing toe touches - lengthen hamstrings - perform slowly, 5-8 x, 2 sets
8. Hamstring stretch - place your heel on the chair back straight and slowly move forward. Once you feel the stretch, hold for 30-60 seconds - 5 x each side  x 2
9. Quad stretch - Standing tall, reach behind you and grab your ankle and slowly bring ankle to your butt. Hold for 10-15 seconds and repeat other side. 5 x each leg, hold for 15 seconds x 2 each side
10. Lunge Stretch - If appropriately dressed, place one knee on a pad on floor and opposite leg out in front at 45 degrees. Simply shift your weight forward and feel stretch in quad/lower abdominal area and hold for 20-30 seconds, 2 x each side

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