



M O V E M E N T

Moving your body during work breaks is a simple yet effective way to improve your health, well-being, and work performance.

1) Breathe:

- At least once an hour, stand up and move for 3-4 minutes. Stand to take deep breaths while raising your arms slowly over your head. Repeat 3 times.

2) Desk Stretches:

- **Seated Forward Bend:** Sit at the edge of your chair, keep your feet flat on the floor, and bend forward from your hips, reaching towards your toes. Hold for 15-30 seconds.
- **Upper Back Stretch:** Sit straight and clasp your hands behind your head. Gently pull your elbows back and squeeze your shoulder blades together. Hold for 15-30 seconds.

3) Standing Exercises:

- **Calf Raises:** Stand up and hold onto your desk for balance. Slowly raise your heels off the ground, standing on your toes. Hold for a few seconds and lower back down. Repeat 10-15 times.
- **Hamstring Stretch:** Place one foot on a chair or low surface, keeping your leg straight. Lean forward slightly until you feel a stretch in the back of your leg. Hold for 15-30 seconds, then switch legs.



4) Quick Cardio:

- **March in Place:** Stand up and march in place for 1-2 minutes, lifting your knees high and swinging your arms.
- **Jumping Jacks:** Do a set of 10-20 jumping jacks to get your heart rate up.

5) Chair Exercises:

- **Seated Leg Lifts:** Sit up straight and extend one leg out in front of you. Hold for a few seconds, then lower it back down without letting it touch the floor. Repeat 10-15 times on each leg.
- **Chair Twists:** Sit up straight and place your right hand on the back of your chair. Twist your torso to the right, using your left hand to hold onto your knee for support. Hold for 15-30 seconds, then switch sides.

6) Wall Exercises:

- **Wall Push-Ups:** Stand a few feet away from a wall, place your hands on the wall at shoulder height, and perform push-ups by bending your elbows and bringing your chest towards the wall. Repeat 10-15 times.
- **Wall Sits:** Stand with your back against a wall and slide down into a sitting position with your knees at a 90-degree angle. Hold for 30-60 seconds.