

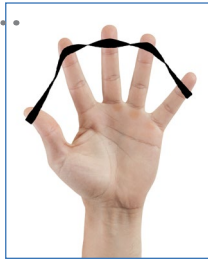


Fast Fitness Now

Try these “toners.”

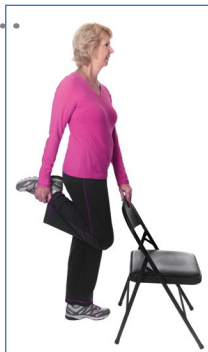
Finger Flexor

Put a rubber band around all 5 fingers of 1 hand (on your nails). Gently spread your fingers wide apart against the rubber band's resistance. Relax and repeat.



Hamstring Curls

Stand up straight. Hold something stable for support (such as the back of a chair). Lift 1 foot behind you, and bend your knee as much as possible. Hold, and then lower the foot to the floor. Repeat and relax then repeat with the other leg.



Leg Lifts

Sit in a chair with your feet flat on the floor. Without lifting your thigh, raise 1 foot by straightening your knee. Hold, and then lower your foot again. Repeat with the other foot.



Wise Walking

Building to building or office to office, take longer, quicker strides, swing your arms as you go and use stairs whenever possible. (And you thought you didn't have time to exercise.)



Fitness Moves

✓ March in place, pushing your palms up toward the ceiling.



✓ Take the stairs instead of the elevator. Start with one flight; add floors as you get stronger.

✓ Take a light stretch break every hour to wake up sleepy muscles and mind.

✓ Do walk-and-talk meetings or brainstorming sessions.

✓ Use hand weights or resistance bands for strength building during breaks.



✓ Walk the longest route to refill your water glass, empty your trash can or take bathroom breaks.

✓ Try shadow boxing or rhythmic arm and leg movements while you wait for the copy machine.



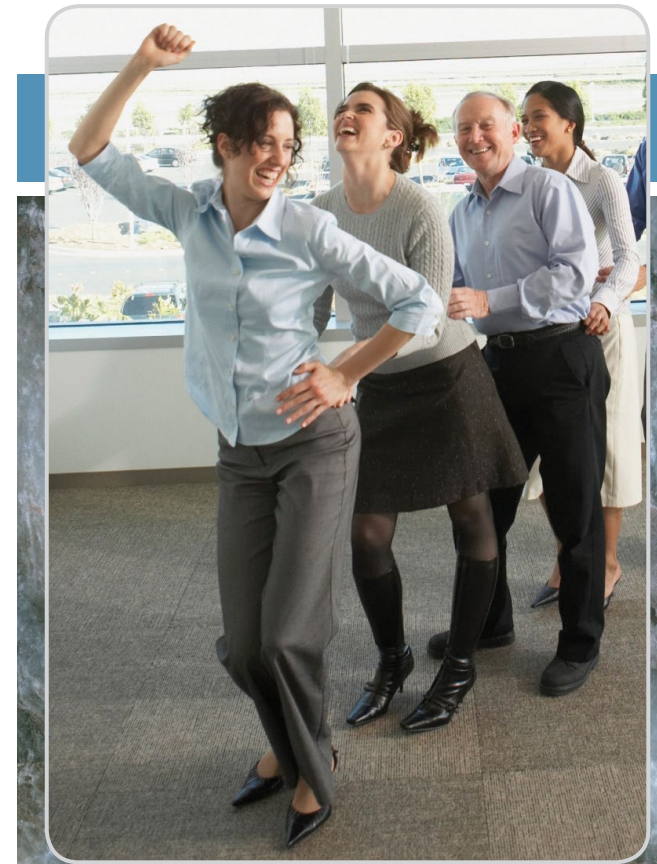
✓ Pace while talking on the phone. Use a mobile phone and take a walk as long as you talk.

✓ Instead of emailing coworkers, walk to their cubicles to talk.

Note: Get your employer's OK first before exercising in your cubicle or at your desk.



Fitness At Work



Fitness Out of the Chair

Sitting at your desk day after day can take a toll on your health. The stretches and exercises in this brochure can help you get in motion at your desk.



Stretches for the Desk-Bound

Keeping your body flexible, strong and healthy makes you more resistant to work-related aches, pains and injury. **Try these:**

■ **Back:** While seated, bend forward toward your knees as far as you easily can. Slowly return to an upright position and relax.



■ **Back:** While seated, let your arms hang at your sides. Arch your back, and push your shoulders back as you look up toward the ceiling. Then bend forward, round your back, tuck your tailbone under and press your chin toward your chest. Move slowly and repeat several times. To leave the position, push with your arms to help you raise your head.

■ **Back:** Standing or sitting, raise your right arm and grasp it below the elbow with your left hand. Gently pull your right elbow toward your left shoulder as you feel the stretch. Hold for 5 seconds. Repeat with the opposite arm.



■ **Feet and legs:** Stand up and raise yourself up on your toes for a few seconds, and then back down. Lift each foot and rotate the ankle a few times in each direction. Then flex and point your foot. Shake out your legs, and let your feet dangle loose.

■ **Hamstrings:** Sit up straight with your abdominal muscles pulled in. Extend your legs straight out in front of your body and hold them there for 5 seconds. Relax and repeat.



■ **Hands:** Standing or sitting, with palms down, spread your fingers as far apart as you can. Hold for a count of 5. Relax and make a fist. Relax and repeat.

■ **Knees:** While seated, pull 1 thigh to your chest, grasp with both hands, and hold for a count of 5. Repeat with the opposite leg.

■ **Neck:** Standing or sitting, lower your head. Move your right ear toward your right shoulder and hold for 5 seconds. Return to upright and switch sides. Then lower your chin toward your chest. Then raise your head as high as you can. Turn your head to move your chin toward your right shoulder. Relax and repeat to the left.



■ **Pectorals:** Standing or sitting, clasp your hands behind your neck and spread your elbows back as far as you can. Return to starting position, then lower your arms. Relax and repeat.

■ **Shoulders:** Standing or sitting, shrug your shoulders up toward your ears. Hold for 5 seconds, and then release and lower again. Slowly roll your shoulders forward 5 times in a circular motion. Next, roll your shoulders backward 5 times in the same circular motion.



■ **Side:** Standing or sitting, interlace your fingers. Lift your arms over your head. Straighten your elbows. Press your arms backward as far as you can. Then slowly lean to the left and then to the right, until you can feel a slight stretch.

■ **Wrists:** Standing or sitting, extend your arms out in front, straighten your elbows, and lift your fingers to flex your wrists. Relax. Bend your wrists the other way, hold for 5 seconds and then relax. Repeat several times.

Sit Less, Move More

Cubicle-bound office workers spend long days at their desks. Off the job, it's hard to find enough time and energy to exercise. So it makes sense to fit some mini-exercise routines into your workday. For example:

Back hyperextension: To ease lower back strain, stand with feet a foot apart and hands on hips. Bend backwards to form a hollow in your back (don't strain) and return upright in a slow, smooth motion. Repeat 10 times.

Abdominal squeezes: You can do this anytime, sitting or standing. Take a deep breath, and lower your shoulders. As you exhale, tighten your abdominal muscles. Pull them in towards your spine. Hold the squeeze for 5 to 10 seconds and release. Repeat 10 to 15 times.

Chair squats: Using a sturdy chair, stand up and raise your arms in front of your face. Touch your hands together. In a fluid motion, lower your hips to your chair, just lightly touching the chair seat (don't sit). Lower your arms and slowly stand back up. Repeat several times to raise your heart rate and body temperature a bit. Good for shoulders, legs, buttocks and core.



Are cubicle workouts worth it? Yes!

Research shows they help reduce the cumulative effect of long-term sitting by raising metabolism, fighting stress, muscle atrophy, back and neck strain, and inflexibility. They warm your core temperature, stimulate your brain and relax your eye strain.

Note: If you have a chronic condition, such as back pain, arthritis or high blood pressure, talk to your health care provider for possible activities to suit your abilities. Always get your provider's OK before significantly raising your level of exercise intensity.

