Workstation Workout

Stuck in a midday slump? Try these simple exercises, which can be done at any workstation—from a corner office to a cubicle—to help get your body moving and your blood flowing.

Seated Leg Raises

1. Sit up straight in your office chair, forearms comfortably placed on the arm rests.
2. Lift your right leg off the ground, extending your foot out in front of you so your leg is parallel to the ground.
3. Lower the leg down, without touching the floor.
4. Raise the leg and return to the parallel position.

Repeat 10-15 times, then repeat with left leg.

Squats

1. Stand in front of your chair, feet shoulder-width apart.
2. Extend your arms so they are parallel to the ground.
3. Lower your body down, as if you are going to sit in the chair.
4. Pause just before touching the chair.
5. Return to the standing position.

Repeat 10-15 times.

Side Bends

1. While seated, interlock your fingers and push your hands above your head, palms to the ceiling.
2. Contract your abs.
3. With your arms straight, gently bend to the left as far as you can.
4. Return to center.
5. Gently bend to right as far as you can.
6. Return to center.

Repeat 10-15 times.

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