

Tips by Kittay

WORKPLACE FITNESS



Yes, I know you don't have time to go to the gym for an hour every day. You have to earn a living! But you sit at your desk and feel your tushie spreading, your neck and shoulders aching. You know you should do something, but what?

Here's what! You can work out at the office, incorporating exercises into your daily routine while dressed in business clothes!

These time saving strategies, done at or near the desk, will maximize your fitness efforts without changing clothes, will give you more strength and flexibility, and help with stress reduction.

Plus, they add tone to look and feel great!

The Benefits:

Healthy and stronger employees lead to more productivity.

Keep you and your team healthy and fit!

Maximize daily productivity!

De-stress for success!

So....Are you ready? Here's a few to get you started!

"Good Morning"- Side and Wrist Stretch

- * Sit with good posture with your shoulders relaxed and your arms at your sides.
- * Lift your left arm, palm up, in a long arch overhead, until your palm faces down. Feel the stretch in the side of your torso.
- * Continue stretching through the side of your torso as you move your wrists side to side, as if you are waiving to a friend. This wrist movement warms up your wrist joint, and improves wrist mobility.
- * Continue to breathe deeply as you stretch and wave for up to 30 seconds.
- * Repeat on the other side

"Just Not Ready To Work" - Chair Squats

- * Stand upright with your feet upright apart, about 1 inch in front of your chair. Hold in your abdominals and relax your shoulders
- * Inhale as you sit back, as if you are going to sit in your chair. Let your bottom lightly touch your chair without sitting down.
- * Exhale as you push yourself back up to standing, while squeezing your buttocks.
- * Work for up to one minute.

“Multitask” – Seated Oblique Crunches

- * Sit in your chair with good posture. Keep your hips parallel to your desk. Place your right hand on your right thigh.
- * Exhale as you lift your left knee to your right shoulder and rotate your waist so your right shoulder moves toward your left knee. Avoid rounding your back. Keep your chest lifted and open.
- * Inhale as you lower your knee. Continue lifting and lowering your left knee for thirty seconds.
- * Repeat with right knee.

“Reading E-mail” – Chest Stretch

- * Sit with good posture. Shoulders relaxed, arms at your side and palms facing in.
- * Grasp your hands together behind your lower back. Keep your abdominal muscles tight to support your lower back.
- * Inhale.
- * Exhale as you squeeze shoulder blades together and gently lift your hands to stretch your upper chest and the front of your shoulders.
- * Inhale as you hold this stretch.
- * Exhale as you gently try to increase this stretch by further lifting your clasped hands.
- * Breathe deeply as you hold this stretch for at least 30 seconds.

“Red Light”- Forearm and Wrist Stretch

- * Sit upright behind the wheel with your shoulders relaxed and your arms at your sides.
- * Bend your left elbow so that your forearm is parallel to your lap.
- * Flex your wrist and point your fingertips upward, palm facing forward.
- * Place your right hand on your left palm.
- * Inhale for 4-5 seconds.
- * Exhale as you bend your wrist and point your fingertips downward, palm facing your torso.
- * Place your right hand on the back of your left hand.
- * Inhale for 4-5 seconds.
- * Exhale for five to six seconds as you gently press toward you on the back of your right hand, feeling the stretch on the top of your wrist and forearm.
- * Repeat the stretches on the right arm