



Everyday Ways to Stay Fit at Work

LiveLifeWell

Take time to fit these fitness tips into your daily work routine. Find more healthful, helpful hints at iLiveLifeWell.com.

Walk: During lunch or other breaks, take steps to burn calories, improve fitness and reduce stress

- Can't squeeze in a walking break? Park farther away from work, and walk over to see coworkers instead of calling or e-mailing them.
- Take the stairs, not the elevator. Climbing two steps at a time gives you a harder workout!

Ease stress: Try these moves at your desk or work station to ease stress and keep your muscles from clenching up

- **Arm reach:** Sit tall in a chair, stretch both arms over your head and reach for the sky. After 10 seconds, extend the right hand higher, then the left.
- **Twist:** Sit facing forward, then turn your head to the left and your torso to the right, and hold a few seconds. Repeat 15 times, alternating sides.
- **Shoulder relaxer:** Sit up straight, and try to touch your shoulder blades together. Hold, then relax.
- **Neck roll:** Let your head roll over so your right ear nearly touches your right shoulder. Use your right hand to gently press your head a little lower. Hold 10 seconds. Relax, repeat on the left.

Tone: Try these during your next break between tasks

- **Shoulder/arm shaper:** Hold arms out to sides, then move them out in front of you, then back again; repeat for one minute. Then, with palms turned up, bring arms overhead so hands meet, then bring back down, and repeat for one minute.
- **Tummy toner:** Tighten abdominal muscles, hold, hold, hold, then relax. Repeat 15 times.
- **Calf raise:** Stand on both feet and move your heels up and down. If necessary for balance, hold on to a table, file cabinet, etc. You can do the same exercise seated.