DESKERCISES!

DON’T LET YOUR CHAIR HOLD YOU DOWN
THE RISKS OF SITTING

-The average America sits 9.3 hours per day potentially leading to:
  -increased risk of diabetes
  -increased risk of heart disease
  -increased risk of cancer
  -increased anxiety
  -decrease in bone density
  -shorter life span

-Places we sit:
  -commutes
  -at our desks
  -at home in the evening
START THE DAY OFF RIGHT

- Before your work day even starts
  - wake up 15 minutes early and go for a walk
  - visit the CRC (opens at 5:30 AM Monday-Friday)
  - get off the train or bus a stop early and finish your walk to work
  - bike to work
  - choose a further parking spot to get in some extra steps
  - take the stairs instead of the elevator on the way to your office

Burn Calories, Not Electricity
HOW TO SIT AT YOUR DESK

- Relax your shoulders
- Push your hips as far back as they can go in the chair
- Adjust the height of your desk chair so that your feet are flat on the floor & your knees are even with or slightly lower than your hips
- Sit close to the keyboard
- Have your screen at direct eye-level
- Take advantage of a standing desk if available
6 STRETCHES FOR YOUR DESK

- Neck stretch
- Side stretch
- Hamstring stretch
- Back stretch
- Upper back stretch
- Hip flexor stretch
GET MOVING

-Sitting time adds up between your car, desk, and meetings

-Interrupt sitting time whenever you can
  -quick lap of the office
  -refill your water bottle at a further fountain
  -desk stretches
  -walking meetings (wear walking shoes)

-Set an alarm to make sure you get up at least once an hour

-Walk around your office during phone calls
DESKERCISE

WHAT IS IT!?

-A way to stay active at work without having to change, get sweaty, or take too much time away from your desk!

What will it do for me!?

-Increase your productivity
-Keep your joints and muscles loose to help prevent injury
-Increases energy
-Lengthens your life
DESKERCISE - CARDIO

- Run in place
- Jumping jacks
- Mountain climbers
- Squat jumps
- Burpess
DESKERCISE – STRENGTH

- Wall sits
- Chair squats
- Push ups
- Front/back lunges
- Calf raises
- Planks
DESKERCISE — STRENGTH

- Desk chair leg extensions
- Desk dips
- Shoulder shrugs
- Single leg deadlift
- Reverse fly
DESKERCEISE EQUIPMENT ON A BUDGET

- Light dumbbells
  - $2-$5

- Resistance tubing
  - $5-$10

- Exercise ball
  - $8-$10

- Lacrosse ball
  - $2-3 dollars
“HOME” WORK

- Continue to stretch throughout the evening

- Perform some of your “desk” exercises at home while watching TV or during your evening routine

- Visit the CRC

- Drink plenty of water throughout the day and into the evening

- Follow proper nutrition guidelines
  - https://www.choosemyplate.gov/
Thank you!

Questions?