



# EXERCISE FOR BUSY BODIES



# WHY IS WORKING OUT IMPORTANT

Helps with  
Weight Control

Maintain Healthy  
Bones, Muscles,  
& Joints

Promotes  
Psychological  
Well-Being

Lower Your Risk  
of Developing  
Chronic Disease

Helps Lower  
Feelings of  
Anxiety



# SCHEDULING ERRORS



# TROUBLE FINDING TIME?

It can get tedious sitting at a desk all day, so when you need a break consider stretching or performing simple strength exercises



# BENEFITS OF STRETCHING



Increases and maintains complete range of motion of the joint



Improves capacity for activity



Promotes relaxation and reduces emotional stress

# WHY STRETCH?



Prolonged sitting can cause muscular tension and pain.



Just a few stretches can make your whole body feel better.



Learn to stretch when you start to feel tension in your body.



# DO'S AND DON'TS OF OFFICE STRETCHING



## Do

- Drink Water
- Stretch everyday
- Relax
- Breath Easily

## Don't

- Bounce or Force
- Forget to breathe

# DESK STRETCHES - WRIST



**1** 5 seconds, 3 times



**2** 5 seconds, 3 times



# DESK STRETCHES - SHOULDERS



**1** 5 seconds, 2 times



**2** 5 seconds, 2 times

# DESK STRETCHES - NECK



**1** 5 seconds each side



**2** 5 seconds each side



**3** 5 seconds

# DESK STRETCHES - ARMS



**1** 10 seconds each arm



**2** 10 seconds



**3** 10 seconds

# DESK STRETCHES – SIDES AND LEGS

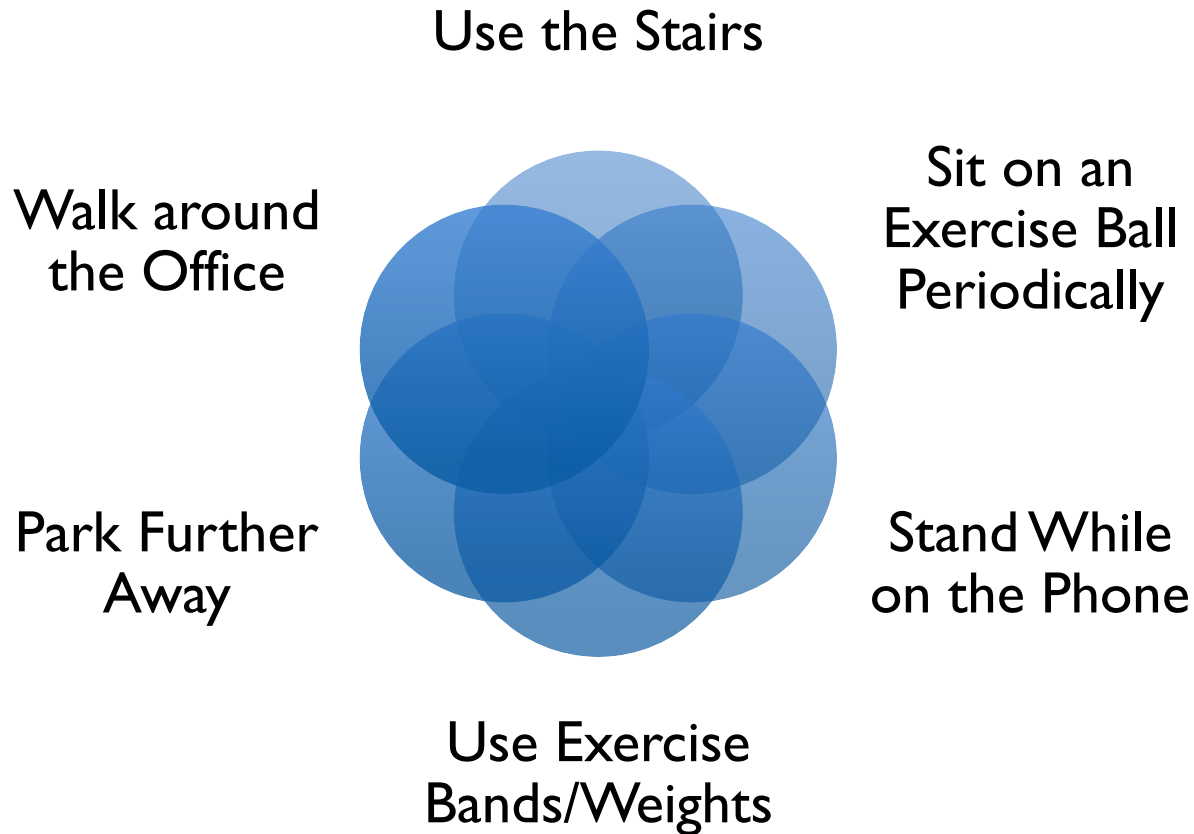


**1** 9 seconds each side



**2** 10 seconds

# TIPS TO STAY ACTIVE AT THE OFFICE



# WORK YOUR CORE & ARMS



# LOW-INTENSITY ACTIVITY

Even Low Intensity Activities Have Benefits!





# QUESTIONS?

