



sit-stand office desk

EXERCISES FOR THE WORK DAY

Calf Raises

With both feet flat on the floor, stand on your tippy-toes and hold it for three seconds. Return to the floor and repeat. When that becomes too easy, try using one leg at a time.

Lateral Leg Raises

A simple exercise for working the adductor muscles of the leg, the ones that help with stabilization.

Face your desk, using it for support as necessary, and lift your right leg as high as you can, keeping your toes pointed at your desk. Hold it at the peak and return to your starting position. Switch legs and repeat as many times as you'd like.

Tiny Circles

This is really a modification of standing on one foot. With your non-planted leg, lock your knee out and make tiny circles with your foot. This small movement is enough to activate the stabilizer muscles in your opposite leg. This will strengthen it as well as help develop your balance.

Tree Pose

There are a few Yoga poses you can do for balance from your desk. For the Tree Pose, place a foot against the inside of your opposite leg, either on the calf or the thigh (never directly on the knee). Imagine you're making a '4' and balance like that. Take deep breaths and hold the position for as long as you want. When you switch legs, try to match that time.

Standing on One Foot

The simple go-to exercise for bettering your balance. Keep time when you're standing on each leg and aim for longer durations every time. Make sure to use your desk to help with balance when you need it.

Leg Lift and Twist

Sitting tall on edge of chair, extend right leg out straight with foot on the floor, arms crossed over chest. Brace abdominals in tight and rotate torso to the right as right leg lifts to left knee, squeezing knees together. Return to start. Focus on exhaling during the twist and lift, and inhale as you return to start. Do 20 reps, and then repeat on opposite side.

Seated Clasping Neck Stretch

Use your hands to offer a deep stretch for the back of your neck and your upper back. Sit comfortably in a chair or on the floor. Clasp your hands and bring both palms to the back of your head. Sitting with a tall spine, ground your hips firmly into your seat. From here, begin to gently press your hands down toward your thighs, tucking your chin into your chest. As you press down, use the heels of your palms to pull your head away from your shoulders. This will intensify the stretch even more. Hold here for at least 20 seconds, and then slowly lift your head up and release your hands.