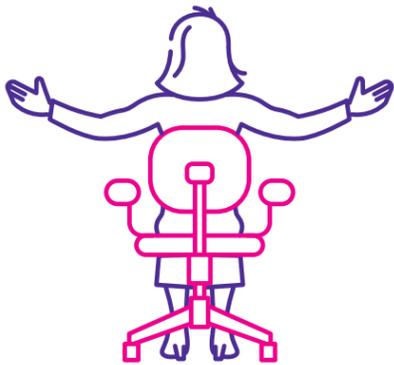


Sat at your desk all day? Here's some simple exercises to help keep your body fit and healthy.



Chest stretch

Working on a keyboard with your arms and hands stretched out all day can lead to rounded shoulders, a slumped posture and tight chest muscles.

- Sit forward and stretch out your arms until you feel a stretch in your chest. Keep your shoulders down
- Move your arms slightly back now – you should feel the muscles between your shoulder blades
- Hold the stretch for 20 seconds and repeat three times



Sit-stretch

If you sit for too long with your knees and hips flexed, the muscles at the back of your leg (hamstrings) could shorten and become tight.

- Perch on the edge of your seat, stretch out your leg in front of you and rest your heel on the floor with your toes pointing up
- Lean forward and you should start feel a gentle stretch at the back of your leg



Leg-up

Are your legs feeling tight from sitting down too long? This may cause you knee and back issues later in life. Get one up on this future issue by doing the leg-up.

- Stand on your left leg, raise your right heel behind you and hold for 20 seconds. You should feel a stretch in your thighs
- Struggling with your balance? Hold onto your desk or focus on a dot on the floor or in the distance



Perfect posture

Good posture can keep your back, neck and other joints healthy. So sit up and pay attention to these health tips.

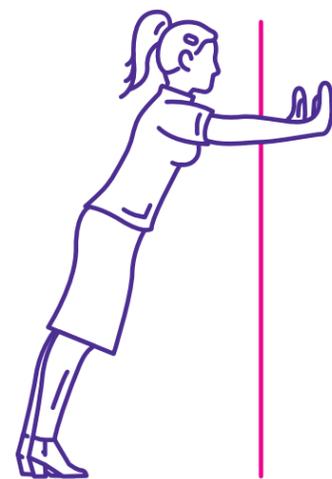
- It's all about that 90° angle – sit as far back as you can, rest your forearms on your desk with your elbows at 90°. Don't forget to relax your shoulders and keep your feet flat
- Imagine you have string going through your body and out the top of your head to the ceiling. Keep it straight and tight by thinking about your posture



Chair twist

Nothing beats getting away from your desk for a walk. You can be active though and get rid of that stiff back whilst sitting down. Just do the twist!

- Whilst sitting, turn your upper body and head to the right and move your left arm across your body. Rest your right hand on the top of your chair
- Keep your feet and hips still – bonus point if you have a spinning chair and you can keep still for 20 seconds!



Wall press

Sssh! It's a secret but did you know you don't always need a floor to do press-ups?

- Facing a wall - stand with your feet hip-width apart, stretch out your arms and rest your palms against it at shoulder height
- Take a couple of tiny steps back, tense your stomach muscles and lower yourself by bending your elbows. Don't arch your back and lead with your chest
- Go for three sets of 10 or try moving your legs back further for a bigger challenge