Side Effects of Sitting

- Deep Vein Thrombosis (Blot Clots)
- Obesity
- Increased Risk of Heart Disease
- Diabetes
- Raised Cholesterol
- Poor Posture
- Herniated Disk
- Back Aches and Pains
- Neck Issues
- Muscle Weakness
- Knee Pain
- Increased Risk of Depression
- Slowed Metabolism
- Shorter Life Span
Arms Behind Your Head

- Sit down in your chair with your hands behind your head.
- Interlock your fingers and move your elbows toward each other.
- Lean back into the stretch.
- Breathe in, hold for 20 seconds, breath out.
- Repeat 3 to 4x.
Arms Extended...

- Stand up tall with good posture.
- Extend arms out to the side (parallel to the floor.)
- Rotate both arms as far as you comfortably can in both directions 3x.
Arms Extended…

- Next, extend your arms over your head and reach as far as you comfortably can as you rotate your arms in both directions 3x.
Arms Extended

• Lastly, extend your arms in front of you (parallel to the floor) and rotate both arms as far as you comfortably can in both directions 3x.
Hamstring Stretch

• Place your chair against your desk with the chair facing away from the desk.
• Sit on the front end of the chair and extend your legs.
• Point your toes toward your head and keep your knees straight.
• Lean forward and reach for your toes.
• While reaching, exhale and extend your hands as far as you can.
• No bouncing and repeat 3 to 4x.
Jump Rope Simulation

- Mimick the jump rope movement with your hands.
- Make sure to land light on your feet.
- Do 15-20 jumps and repeat 3 to 4x.
Knee Lifts

- Sit on the front of your chair with good posture. (Preferably a chair without wheels.)
- Place your hands on the sides/armrests of the chair.
- Focus on keeping your back straight and abdominals tight.
- Lift your knees to your chest or as high as you can and then lower toward the floor without touching the ground.
- Bring the knees up and down for a set of 12-15 and repeat 2 to 3x.
Chair Squats

• Place your chair against the desk facing away from the desk.
• Make sure the chair is stable and will not move or roll away.
• Sit in the front chair with the knees at a 90 degree angle.
• Feet should be flat on the floor and shoulder width apart.
• Stand up from this position without using hand rails and sit back down.
• Repeat this 15 to 20x and do 2 to 3 sets.
Desk Top or Wall Push Ups

- Position yourself a few feet away from a desk/wall with your feet together, hands shoulder width apart, and palms on the edge of the desk/wall.
- Lower your body down to the desk/wall and push yourself back to the starting position.
- Keep your abdominals tight and do 12-15x for 2 to 3 sets.