



Exercises You Can Do at Your Desk

Sitting at a desk all day is not good for the body. If you have to sit for long periods, there are some simple exercises you can do to improve your health.

Upper body

Wrist rolls: Roll your wrists to prevent carpal tunnel syndrome and to improve blood circulation.

Reach and stretch: Reach forward to the sides and above your head to stretch your arms.

Shoulder rolls: Roll your shoulders forward and then roll them backward.

Feet and Legs

Stand and stretch: Get up from your chair at least every half hour to stretch or walk around. This will help prevent blood clots from developing in your legs.

Ankle rolls: In a sitting position, lift each leg slightly and roll each ankle.

Raise your toes: Keep your heels on the ground and lift your toes.

Neck

Neck rolls: Drop your chin and slowly and carefully roll your neck. This helps lessen tension and neck strain.

Shrug: Pull your shoulders up to your ears, and then release the tension and drop your shoulders.

Torso

Reverse stretch: Open your arms wide, rotate your wrists so both thumbs point up and backward, and then pull your shoulders back.

Twist: Sit up straight and place your right arm behind your right hip. Twist to the right and hold. Do this again with your left arm and hip.

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