

Workday Workouts

By American Heart Association News

Too much sitting is bad for your health. But how do you get around that at the office? Here are 5 ways to sneak in some exercise.

Start with your commute – Try cycling or walking to get to work.

Stretch it out – Starting at your neck and shoulders, take a few moments to focus on each part of the body.

Transform screen time – Use a standing desk or even one that works as a treadmill. Try sitting on a firmly inflated stability ball. That can help work out core muscles.

Walk and talk – Use a headset to make and receive calls while staying active. Head for the stairs instead of the elevator.

Deskercise – Use your desk and chair, and even the office wall, for modified push-ups, tri-cep dips and squats.

Source: American Heart Association

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