

Exercise tips

for office/sedentary workers

Long-term office work makes muscles passive and puts a strain on the back. When sitting at a desk, the shoulders easily lean forward, which means the muscles in the upper back aren't doing the work and pectoral muscles can become tight over time. Repetitive moves may cause different kinds of pain and strain injuries.

Common challenges of office work include bending of wrists and holding arms up. Try to keep your wrists straight and let your arms rest on the arm rests of your chair or on the table. Remember to relax your shoulders during breaks.

Relieve the physical stress of sitting by moving every 20 to 30 minutes. These breaks can include moving on the spot, standing up, walking around or doing break exercises. When your body feels uncomfortable or you can no longer focus, it's a sign that usually means it's time for a break or to change your position. It's important to react to these signals on time. Your efficiency at work won't suffer from you stretching yourself every once in a while – quite the opposite.

When you move, your circulation improves and your brain works better. Versatile exercises during free time are great at counterbalancing the effects of office work.



The importance of changing positions and good work ergonomics is highlighted in office workers. It's good to maintain the spryness and range of motion of the body by doing opening and twisting movements that activate the muscles.

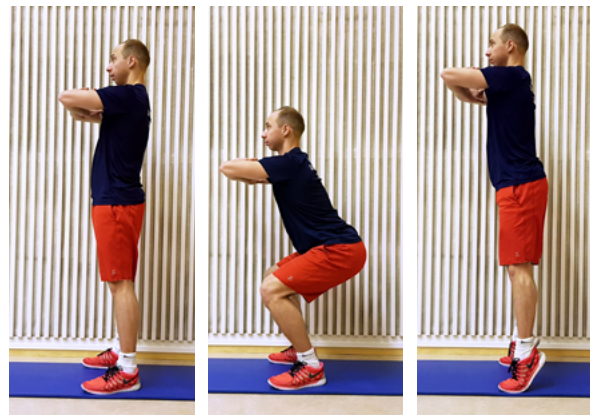
Take a break!

These moves are meant to be done during the workday. You can perform all moves at the same time or choose the ones that suit you the best. Repeat the moves 5–10 times.



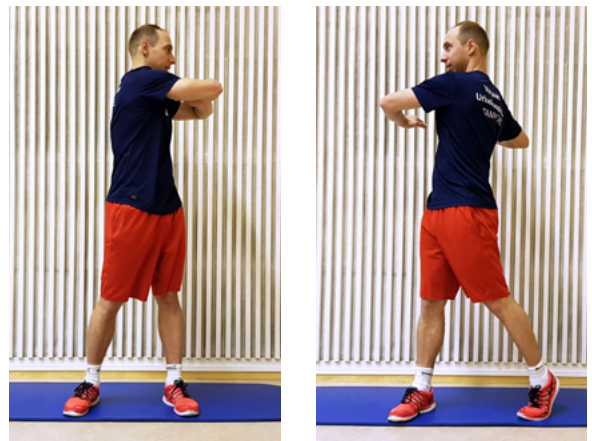
1. Squatting and rising on the balls of your feet

- Stand with your feet at shoulder width and turn your feet so that they point slightly outward.
- Squat down and make sure that your knees and toes point in the same direction.
- Stand up and continue the movement by rising on the balls of your feet.



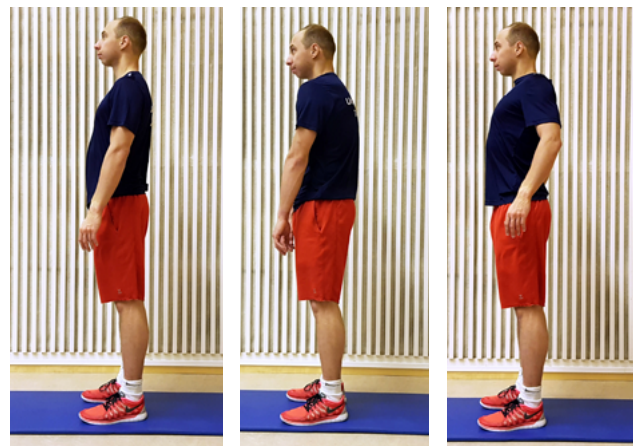
2. Thoracic spine twists

- Stand with your feet at shoulder width, with your knees slightly bent.
- Twist your upper body from side to side so that your hips remain as still as possible. Now include weight shifts and your hips into the movement.
- Shift your weight to the side you're twisting to, so that the heel of the other foot is lifted off the ground and the foot turns toward the motion.
- Let your arms fall down and let them swing freely from side to side with the movement.



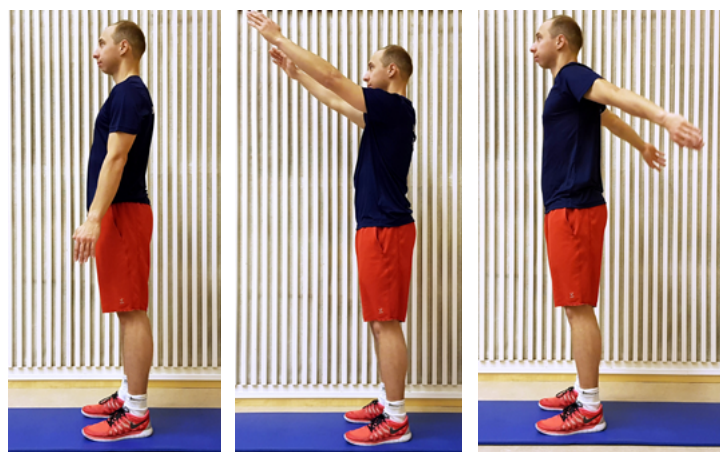
3. Pulling shoulders back

- Stand with your feet at shoulder width and keep your arms relaxed by your sides.
- Use your shoulders to slowly draw a big circle, first forward and then backward.



4. Arm circles

- Stand with your feet at shoulder width.
- Move your arms from front to back and imagine you're drawing a big circle with the tips of your fingers.



5. Side stretches

- Stand with your feet at shoulder width.
- Place your other hand on your waist and use the other hand to reach up and over your head. Continue the move with the other side.



6. Lunge and twist

- Stand with your feet at shoulder width.
- Step forward with one leg and lunge so that the heel of your back leg is off the ground. The weight is on the heel of the front leg, and the knee of the back leg is lowered close to the ground. Knees and toes face the same way throughout the move. If your right leg is forward, straighten your right arm and twist it backward. Your eyes and chest move with the movement.
- Come back up and push yourself back to your starting position.
- Continue the move with the other side.



7. Pectoral stretches

- Stand next to a wall, with your side facing the wall.
- Place the hand next to the wall up and diagonally against the wall.
- With the leg next to the wall, step forward and “hang” from the wall, front and down.
- You can move your hand along the wall to find the best stretch.
- Switch sides and repeat.

