

You don't need hours at the gym to improve your fitness — take five minutes at work instead.

TRY THESE MOVES IN YOUR OFFICE.



GOOD FOR: LOOSENING THE NECK AND BACK

up, untucking your chin last. Repeat as needed.

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Sit in a chair and tuck your chin into your neck. Slowly lower your torso until your chest is resting on your thighs and your arms hang loose by your calves. Pause for 15 to 30 seconds and then slowly roll back

Standing or sitting, clasp your hands behind your lower back. Imagine pushing your shoulder blades together while pushing your shoulders down. Hold for 15 to 30 seconds and repeat whenever you feel tight. For an added challenge, lift your hands away from your body.

CHEST

OPENER

PRAYER HANDS

GOOD FOR: **STRENGTHENING CHEST AND BICEPS**

Sit at the edge of your chair with your feet flat on the ground. Hold your hands together in a prayer pose in front of your chest. Push together for 20 seconds; repeat two or three times.

GOOD FOR: RELIEVING TIGHTNESS IN

THE CHEST AND SHOULDERS



AIR **PUNCHES**

GOOD FOR: **INCREASING HEART RATE** AND BLOOD FLOW

Sitting or standing, alternate arms and punch forward, extending each arm so it is straight from the shoulder without locking your elbow. Continue for a minute and repeat whenever possible.

MARCH

GOOD FOR: **INCREASING HEART RATE AND BLOOD FLOW**

Clear a space around you and stand up. March in place, swinging your arms and lifting your knees as high as possible. Continue for a minute and repeat whenever possible.

CHAIR SQUATS

GOOD FOR: STRENGTHENING QUADRICEPS, **HAMSTRINGS AND GLUTES**

Sit in a chair without wheels with your feet flat on the floor. With your hands on the arms of the chair, stand up and sit down 10 to 15 times. Do this for two or three rounds. For an added challenge, hold your arms in front of you and don't rest your full weight when you sit.

Exercise program designed by Lauren Korzan, American College of Sports Medicine-certified exercise physiologist