

BLOG

FITNESS EVEN ON YOUR OFFICE CHAIR



“Fitness doesn't have to be confined to the gym or a yoga mat; it can start from your office chair”

Prolonged sitting at the desk can be a bit of a pain in the neck and back too, no witticism intended, continuous sitting can actually cause a horrific episode of neck, shoulder and back pain in fact according to a study “Low back pain and its relationship with sitting behavior among sedentary office workers”, greater association was found between sitting behavior and chronic Lower back pain.

Even a good sitting posture can result in muscular pain, if one sits continuously without much movement, a good sitting posture is actually subjective to the person. Continuous sitting should be interfered with light to moderate physical activity at regular intervals.

According to the U.S. Bureau of Labor Statistics, work-related musculoskeletal problems—from muscle strains to carpal tunnel syndrome—made up 32% of all worker injury and illness cases in 2014.

Positive news is that making ergonomic adjustments and a few physical exercises can relieve that.

Exercising at the office has to be convenient and quick, and even a 10 minute workout will do the needful.

We are suggesting some exercise which can be done from the desk and hassle free:

1. **Neck rolls**– Tuck your chin to the chest, and then roll the head in a circular motion in an attempt to stretch the muscles and ligaments of the neck. The neck roll is a simple stretching exercise that relaxes and stretches the neck muscles and the cervical spine, and helps in relieving the pain.



2. **Arm Pulses**– Stand up straight with your feet shoulder width apart. Place your arms out to your side and parallel to the ground. Face your palms up. Quickly pulse your arms up and down – raising and lowering no more than a few inches.



3. **Desk Push ups**– Take a few steps back, so you can place your hands flat on your desk, a little wider than shoulder-width. Keep your core tight, lower yourself down toward your desk . Then push back up until arms are straight but not locked. Practice it on a desk sturdy enough to balance you.



4. **Triceps Stretches**–Extend your right arm over your head, and bend your right elbow, bringing your palm as far down your back as you can. Hold your right elbow with your left

hand and gently pull it to the left until you feel a stretch.Repeat on both sides, while holding on 10-30 seconds.



5. **Pectoral Stretch**-Clasp hands behind your back.Push the chest outward, and raise the chin. Hold the pose for 10 to 30 seconds.



6. **Water bottle workouts**-Hold water bottle in right hand,bend elbow,extend arm overhead,repeat other. These are meant for strengthening the arms where bottles are used as a replacement for dumbbells.



7. **Seated Leg raises**-Sit upright in your chair. Straighten your left leg so that it is parallel to the floor and hold it in place for 10 seconds. Now, do the same thing with your right leg. Hold for three counts and then lower the leg, keep repeating.



8. **Seated Press-up**– Sit on the edge of your chair with your arms by your sides with legs firm on ground and palms over the edge of your seat. Press down with your arms as if you were going to try to lift yourself off the chair, lower back down in your seated position and repeat.



9. **Hamstring stretch**– Hamstring stretches are known to improve the overall flexibility. Sit with one leg extended and your back straight. Bend your other leg so that the sole of your foot rests against your mid-thigh, try to reach toward your ankle. Keep your knee, neck, and back straight and work up the stretch in the back of the thigh.



10. **Eagle Arms**– Bring the legs at the ankles to cross, taking right over left. Cross the elbows, taking right over left. Release and repeat the other way, left ankle over the right and left elbow over the right.



REACH OUT TO US

Are you ready to revolutionize your workplace wellness? Let's take the first step together. Reach out to us today!

At TWC we've got LIVE in-app 10-minute fitness sessions with a bunch of cool workouts to pick from. Plus, we've got one-on-one virtual anxiety counseling sessions, totally private. Let's work together to get your team feeling fantastic!