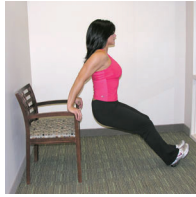


# 15-MINUTE OFFICE WORKOUT

Getting in shape takes effort, dedication, and most of all time. However, in the working world time is tough to come by. Eight to ten hours of sitting behind a computer is enough to remind everyone how important it is to exercise. So, if you can't beat 'em, join 'em and take your workout right to your desk! The following 15-minute all-around workout includes effective body-weight resistance exercises you can do in the comfort and privacy of your own office.



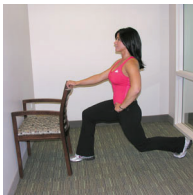
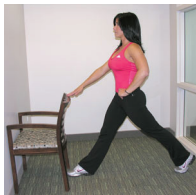
## Chair Dips (Chest, Shoulders, Triceps)

Chair dips are simple to do and very effective. Find a sturdy chair (not on rollers) and seat yourself as you normally would, but with your legs partially extended and heels contacting the floor. Place your hands on the armrests with your fingers wrapped and elbows pointed back. Press yourself up off the seat until your elbows are fully extended. From there, slowly drop your body downward back to the sitting position. One set, repeat to fatigue.



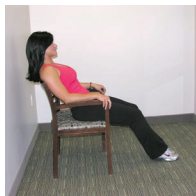
## Desk Pushups (Chest, Shoulders, Triceps)

Stand a few feet away from the edge of your desk and place your hands on the edge about shoulder width apart. Slowly lower yourself until your chest lightly touches and push yourself back along the 45-degree axis back to your starting position. One set, repeat to fatigue.



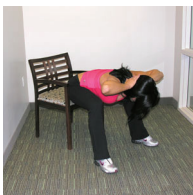
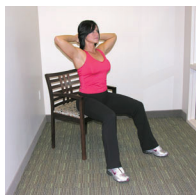
## Stationary Lunges (Hamstrings, Hips, Quadriceps)

Take one long step forward and maintain vertical posture. Make sure your stride is long enough to allow your front foot to be positioned directly under your front knee to ensure safe movement. From this position, lower yourself straight down. Do not lean forward or backward. Make sure you achieve a depth of 90 degrees at the hip and knee joints. Ascend back to original position in a controlled manner to a position just short of knee lockout. One set, repeat to fatigue and then switch legs in a reverse fashion.



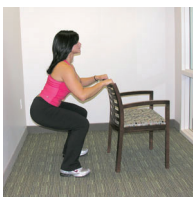
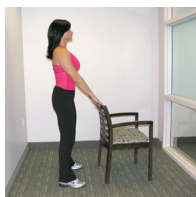
## Leg Lifts (Abdominals, Low Back)

Situate yourself comfortably on your chair with legs fully extended. Place both hands on your armrests for support and leverage. Begin your ascent by slowly raising your straightened legs by breaking at the hip joints. Lift your legs as high as you can. From this flexed position, carefully lower your legs back down to your original supine position. For an easier time of it, keep a slight bend in the knee joints. One set, repeat to fatigue.



## Hyperextensions (Low Back)

Seated securely against the back of your chair, place your hands behind your head and maintain a flat spine. Slowly lower your upper body as far as your range of motion will allow or until your torso becomes parallel with the floor (90 degrees of hip flexion). From there, simply raise your upper back to the original position in a slow controlled manner. One set, repeat to fatigue.



## Chair Squats (Hamstrings, Hips, Quadriceps)

Stand directly above your chair and position your feet so that they are slightly wider than shoulder width, pointing your toes slightly outward. Fold your arms across your shoulders and slowly lower your body until you gently make contact with the seat. During the lowering phase, keep your back as straight as you can and bend at the hips and knees. Keep your heels flat on the floor throughout the movement and don't let your knees extend beyond your toes (this is done by moving your hips backward on the way down). Begin the ascent by slowly lifting your body weight upward to the same position from which you started. Keep your head up and slowly extend your knees and hips. One set, repeat to fatigue.

## A few ideas on staying more active during work hours

- ✓ Rather than meeting in the conference room to go over project ideas, take a short walk with a co-worker to discuss them.
- ✓ Take a walk during your lunch hour or breaks.
- ✓ Skip the elevator and take the stairs instead.
- ✓ Rather than calling a co-worker on the telephone, walk to his or her office.
- ✓ Stand while talking on the telephone. You can even do some calf raises.
- ✓ Join a gym near where you work. Workout before or after work, or even on your lunch hour.
- ✓ Schedule regular exercise on your business calendar and treat it like any other important appointment.
- ✓ Park in the farthest part of the lot so your walk to the office is more effective.

## When traveling

- ✓ If you are waiting for your flight, walk around the airport for exercise.
- ✓ While on business trips, stay somewhere with a gym and/or swimming pool so that you can get in your daily dose of exercise.
- ✓ Pack along portable exercise equipment like a jump rope, resistance bands, and even a workout video in your suitcase. You can do situps, pushups and other exercises that don't require any equipment in your hotel room.

Note: Each exercise should be performed two times (sets) to the point of muscular fatigue (reps).

Source: "Physical Activity in Your Daily Life." The American Heart Association.