



If you sit behind a desk for much of your working week then you may be finding it a challenge to keep active and agile whilst at work.

We need to keep the body regularly moving in order for our muscles to stay reactive, keep our posture aligned and strong, avoid stiffness and niggles and maintain a strong and healthy heart.

Follow my simple and effective plan below to keep your body active, ready and able;

## DESKERCISE - 4 MINS

aim to complete this 1-2 times a day

Sit up straight on the edge of your chair.

- 1 Shoulder Rolls** - roll your shoulders up to your ears and back down - 30 sec
- 2 Shoulder Shrugs** - lift to the ears and drop, emphasise the drop and breathe out deeply on the drop - 15 sec
- 3 Arm Circles** - straighten arms and lift up and around 15 sec forward and 15 sec backward
- 4 Shoulder Press** - press the hands to the ceiling in a controlled manner but at a good pace - 30 sec
- 5 Elbow Squeeze** - sit closer to the back of the chair, raise elbows to the side to shoulder height with hands in front of the elbows. Press the elbows back, squeezing together the shoulder blades, then push hands forward. - 30 Sec
- 6 Desk Pushup** - seated, place your hands on the edge of your desk and lower your chest down and extend back up - 30 sec
- 7 Stand Up** - simple. Stand up and sit down - 30 sec
- 8 Leg Extension** - seated back on the edge of your chair, extend both legs straight out and draw back in. If you can raise your chair so your feet don't touch the ground, this would be ideal - 30 sec
- 9 Knee Squeeze** - seated on the edge of your chair and feet flat on the floor, press your knees together firmly and pulse squeeze (works even better putting a small towel between your knees) - 30 sec
- 10 Heel Raise** - placing both feet flat on the floor, raise and lower you heel off the floor. Do this quickly and alternate left and right - 30 sec



## WORKERCISE - 4½ MINS

Aim for 15-30 mins a day of 1 and 2, which can be done in small chunks throughout the day

Whilst at work it is important to keep moving your body where you can. Here are some suggested ways to get your steps up and elevate your heart rate.

- 1 Stair climb taking a phone call OR thinking time** - if you can incorporate this into a purposeful action, i.e getting to your office, going for lunch or a meeting, taking a phone call, thinking time then this can act as a great way of making the most of your time at work.
- 2 Power Walks** - either on your break or use it as a meeting time with colleagues or simply a quick and effective way to clear your head so you can refocus.
- 3 Toe Taps** - this can be done at your desk, tap your feet as if you were running as fast as you can for 1-2 minutes.
- 4 Boxing** - seated and leaning slightly forward punch hands across the body in a fast and controlled manor for 1-2 minutes
- 5 Rope Climb** - seated, reach up and down as if climbing a rope as fast and controlled as you can for 1-2 minutes.

## CORE WORK - 2 MINS

Aim for 1-2 times a day

- 1 Side Bends** - seated with feet apart, reach your finger tips down to the side as far as is comfortable. Alternate sides - 30 sec
- 2 Pelvic Rotation** - standing with hands on your hips and feet apart, circle your hips around to the right and then the left - 30 sec
- 3 Knee Lift** - seated on the edge of your chair with your hands just under your thighs, raise both knees up the your chest and then lightly touch the toes back to the floor - 30 sec
- 4 Abdominal Crunch** - seated on the edge of your chair with your hands on the chair, under your thighs, lower your chest to your knees and back up with a straight back - 30 sec



## MINDFULNESS

**Breath** - stand up if you can - take 5 deep breathe right down into the stomach, hold each one for 3 seconds and release.

**Positive Affirmations** - stand up if you can, being seated will work too, and say to yourself "I AM....." (fill in the blank with a positive word you believe about yourself) - for example "I AM CONFIDENT" - repeat this 5-10 times.

## GOALS

**Goals** - acknowledge what you have achieved so far in your day and set yourself your goal for the next 1-3 hours ahead of you. - Keep it SMART.

## MODELLING

**Modelling** - do you have a work colleague with a positive trait that you would like to possess or do more of? Hear what they say, see what they do and watch how they do it. Model aspects of this behaviour to help you adopt new skills and improve on those that you already have.

Unlock your potential and success, step out of your comfort zone and shape your mindset

**Fresh Perspective | Fresh Opportunities | Fresh Start | Fresh Motivation**

Karen's attitude towards caring and supporting people to live a healthy, beautiful and fulfilling life; her ability to connect and communicate with people easily; as well as her passionate dedication, were stand outs for me.

**Jeanine Bailey**  
Director and Co-Founder, Empower World

- Bespoke Group Coaching Sessions
- One-on-One Coaching Sessions
- On-site Fitness Classes
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- Fitness Guidelines and Workshops
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