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Exercise is a key ingredient in having a long and healthy life. Look at how your body responds to exercise and learn about specific exercises for different areas of the body. Page 2 You absolutely love your job! It's interesting, rewarding and challenging. It can also be dangerous to your health. Office spaces are configured to require little movement, making it easy to gain weight. Before you know it, you've added 50 pounds (22.6 kilograms) to your frame. In addition to weight gain, office work also increases pressure on your back, wrists, eyes and neck, and can lead to a general loss of muscle tone. Advertising Anxiety is another disadvantage of office work. A survey from Yale University shows that 29 percent of employees feel quite or extremely stressed at work. [source: CDC]. This can lead to depression, cardiovascular disease, lack of energy and other health issues. To combat the negative effects of the 9-to-5 routine, it is important to exercise. But when can you find the time? Workplace workouts can help you get the most out of your limited hours. With a little creativity, you can take advantage of the few minutes you have between pending deadlines and learn to exercise while you work. For the benefit of your company, squeezing in a little exercise improves concentration and really makes you more productive. But just in case others aren't convinced (or don't want to be conspicuous), here are some exercises you can do secretly. Contents The department's startup appointment is a great way to prepare for the workday. It's also a great time to get your muscles ready for your office workout with some stretches. Stretch from head to toe, starting with the neck. Advertising Slowly tilt head to shoulder. Wait for ten seconds. Alternative sides. Then relax your shoulders to get rid of the pain, increase flexibility and add strength. Roll both shoulders forward in circular motion. Roll both shoulders backwards in a circular motion. Repeat ten times. Stretch your wrists to get ready for work on the computer. Stretch your hand out with your palm down. With the other hand, pull your fingers down. Wait for three seconds. Then pull up on the fingers. Wait for three seconds. I repeat, they alternate three times. Relieve the tired and lethargic feeling you get on your feet with ankle and calf stretches. Keep one foot off the floor with your foot straight. Bend your ankle by pointing your toes up. Extend your ankle by showing the of your feet down. Do ten times and repeat with the other foot. Then draw a circle with your toes, moving one foot clockwise and then counterclockwise. Change your legs. The time spent watching copies spew out of the copy machine can be rather counterproductive. Use these precious minutes with some leg toning and strengthening exercises. With leg lifts and cords you use the muscles in the leg you are moving and also use your body weight to strengthen the leg you are standing on to support. It is best to hold onto the copy machine for balance. If you hear someone approaching, you can Stop. Advertising Lift one foot on the back or side, keeping it straight. Lower it slowly. Switch sides. In the same position, bend your right knee. Swing foot forward and back for 30 seconds. Repeat with your left foot. Buttock kicks and calf raises will stretch your arms and calves. Stand with one foot straight. Try to kick your buttocks with the heel of your other foot. Repeat ten times with each leg. Then lift your heels off the floor. Lower them slowly. Repeat ten times. Your colleagues will see you carefully reading the report from yesterday's meeting, but they won't see you strengthening your abs and relieving the tired muscles of your feet. Start by walking flat on the floor. Sit up on your desk. Hold your abdominal muscles tight. Extend a leg until it is flat with your hip. Wait for ten seconds. Slowly down leg. Repeat 15 times. Change your legs. Chair squats are an effective body strengthening exercise. Slide a few in every time you get up from your chair and sit back down. Advertising Stand tall. Stay back straight. Down to an inch of chair, pretending to sit down. Wait for ten seconds. Lift back to an upright position. You don't need a resistance zone to be a big tonic. Walk straight, they cross over each other. Get them off the floor. Press the upper leg down and resist with the lower leg. Make until the muscles are tired. Repeat with the opposite legs up and down. It's good for your career to be seen in the office. These aerobic exercises will help keep your weight down and your profile high. To keep your projects and your body moving, visit colleagues instead of mailing them. Drink a lot of water. Research shows that drinking water can help in your weight loss efforts [source: Jampolis]. In addition, the more trips to the toilet, the more calories you will burn. To increase the number of calories, visit a toilet further away from your desk. You may also meet new people along the way. Always walk fast without running. It will get your heart beating faster and make it look like you have somewhere important to be. Take the stairs whenever possible instead of an elevator. For a better workout, take steps two at a time. Advertising Replace your office chair with an exercise ball for all day abdominal stimulation and strengthening. Sitting on an exercise ball forces you to use your abs to keep yourself in place. It improves your balance, stimulates your core muscles and takes pressure off your lower back. Some people even find that it focuses on their concentration. Sit in the And find your balance. Pull your navel in. Pull your shoulders back (not slouching). Place the hip width legs apart. Sitting on a gym ball isn't easy. You might want to try it at home first to see how long you can last. Advertising While you help your company raise its bottom line, you can also lift your own. Try these exercises to tighten and strengthen your gluteus muscles, as well as relieve back pain. Lift a buttock up and almost off the chair. Run in moving motion for 30 seconds. Then press your gluteus muscles. Wait for ten seconds. Release. Although originally intended for dancers, arabesque cycle exercises performed while talking on the phone can be an effective buttock and tonic isstring. This is best if you have a private office. Advertising Stand with your feet shoulder-width apart. Move the weight to the left foot. Put your right foot behind you. I'm waiting in your office or chair for balance. Slowly circle your left foot clockwise 25 times and counterclockwise 25 times. Change your legs. Who needs weights? A full bottle of water makes an excellent substitute for a salter. If someone interrupts, you can just have a drink. Start with curls of spiceps to tone and strengthen your arms. Sit up with abs pulled. Hold the water bottle in your right hand and curl it towards your shoulder. Repeat 15 times. Change hands. You can also use your water bottle to make front arm increases and aerial presses. Advertising Keep bottle of water in the right hand. Bend the elbow. Extend the hand in general. Repeat the other side. Water bottle twists are a great way to work your waist. Keep the water bottle on the chest flat. Turn right as far as you can. Turn back to the center. Turn left. Repeat 10 times. Just because you're still sitting during meetings doesn't mean you can't exercise. You can use the meeting room table to do a variety of tonic and enhancing exercises. First try to raise the table. Put your hand under the table. Squeeze the table. Continue until your muscles get tired. Make this one hand at a time or both at once. Then push the table to the floor. Advertising Put your hand on the table, palm down. Press down as hard as you can. Stop when your muscles are tired. You can do this one hand at a time or both together if it seems more natural. Using a shoulder shrug in response, I don't know it allows you to work on this exercise. Lift the top of your shoulders towards the ears. Hold for three to five seconds. Relax. You will appear careful while exercising your entire body with this movement. Sit on the edge of the chair. Press down on the table with both hands. At the same time lift your feet as high as you can. Ismetric exercises are also sometimes known as static strength training. Without visible joint movement, these exercises can be performed unnoticed. If you spend a lot of time on your computer, hand compressions will offer some relief to your fingers. You can do these with or without a stress ball. Advertising Make a fist. Stretch your fingers. Repeat ten times Strengthen your calves and ankles while reading, listening to a web cast or talking on the phone. Stand and hold your chair. Rest your left foot on the back of your right calf. Raise your toes. Hold for 20-30 seconds. Repeat three times. Change your legs. Kegel exercises help prevent or control urinary incontinence by strengthening your pelvic floor muscles. You can make them discreet when performing any routine task. Recommend the pelvic floor muscles. Hold Hold five seconds. Relax, repeat five times, three times a day. You can use this compression, hold and release technique to strengthen just about any muscle. Sometimes the best way to burn calories is not by exercising at all. Below are some non-exercise ways to shed some weight. Stand whenever you can. You'll burn more calories than sitting, as much as 50 more an hour for a 155-pound person [source: Platkin]. Fidgeting can burn an extra 350 calories a day. Quickly touching your feet, talking with your hands, and chewing gum, everything counts. While calorie burning for each move is minimal, fidgeting could add up to a loss of up to 36 pounds (16.3 pounds) a year [source: Platkin]. Good posture is an effective core enhancement measure. It requires you to use the muscles to keep your belly tight and your back straight. Do it continuously to build abdominal strength, relieve lower back pain and help you feel more confident. Deep breathing helps you relax and reduces heart rate. Inhale through your nose and out of your mouth. You laugh a lot. It tightens your stomach muscles, exercises your diaphragm, works your heart, relieves stress and gives you a better outlook on life. By making exercise part of your daily work routine, you will be healthier, happier and more productive. But let's keep it a secret. Is exercise at work widely accepted? Visit Discovery Fit & Health to find out if exercise at work is widely accepted. Back exercise and pain Relief.com. Laughter therapy. (March 15, 2011) Exercise Fitness For Life. Reduce stress by exercising your office. (15 March 2011) Thursday. 20 exercises you can do in (or near) your desk. Stepcase LifeHack. 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