

# Deskercise

- **Sarah Hanson, MPH, CHES**
- **Wellcoaches CHWC**
- *City of Savannah*
- *Employee Health & Wellness Coordinator*
- Phone: 912.651.6545
- Confidential Fax: 912.525.1528

# Why exercise?

- Weight Management
- Combat health conditions and diseases
- Improve your mood
- Boost energy levels
- Better quality sleep
- Improve physical intimacy
- It can be fun and social

# Keep Exercise on your to-do list!

- Working out at home is easier than you think!
- *For strength training:* use a set of dumbbells, resistance bands, kettlebells or even your own body weight
- *For resistance training:* you don't need equipment to do exercises like pushups and crunches – just yourself
- *For aerobic activity:* Try walking, jogging, running, riding a bike, playing tennis, swimming laps or playing basketball
- *For turnkey workouts:* try an app like Sworkit, which lets you customize and play video workouts on your mobile device

# Sneaking exercise into your day is easier than you think!

- How to work in a workout
  - Take a brisk walk
  - Walking to the break room and back without snacking
  - Using the stairs to the bathroom one flight up or down
  - Looking away from your screen every 30 minutes or so to stretch. Roll your shoulders, arch your back, stand up and stretch your legs
  - Park your car at the back of the lot and walk
  - Take the stairs instead of the elevator
  - Walk to a coworker's desk instead of sending an email
  - Looking for a spot at your job where you can walk at lunch, during breaks or after work
  - Bring exercise clothes with you so you can walk or jog nearby
- Still can't carve out 30 minutes? Bump up the intensity -
  - If you choose vigorous physical activity (you breath too hard to have a conversation) you only need 15 minutes each day!



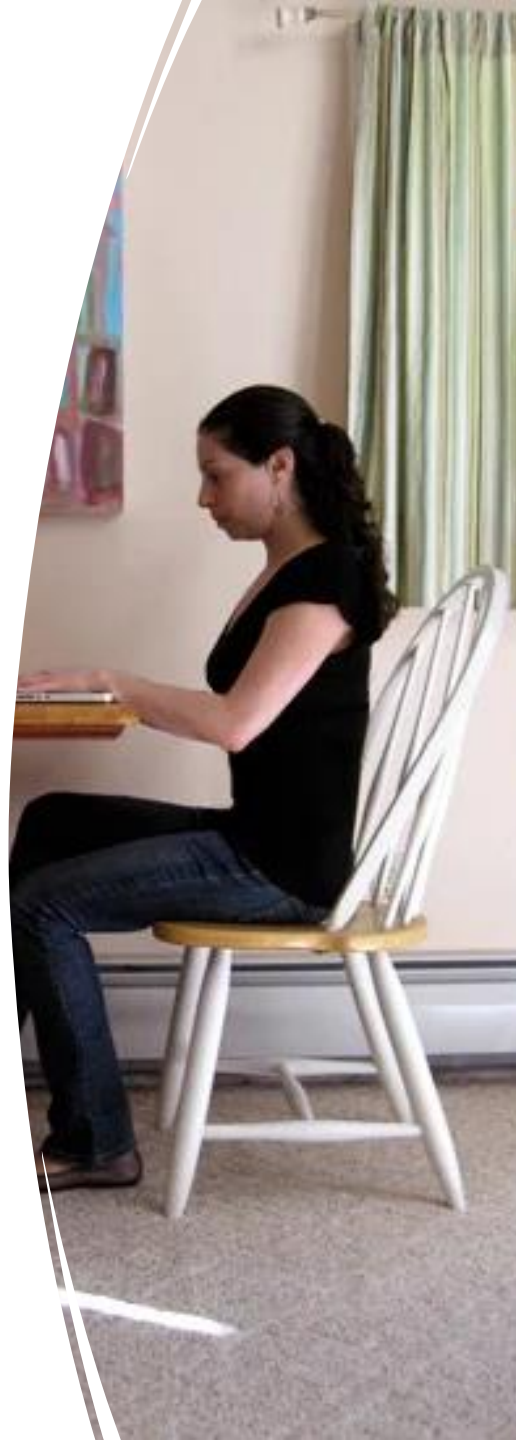
# Ab Lift

---

- Using your arms, push down on the arms of the chair and raise your backside off the chair and hover for 5-10 seconds
- Add leg lift for more intensity
- Repeat 5 times

# Inner Thigh Lift

- Leading with foot, lift the inside of your ankle toward the ceiling
- 3 sets of 15 each leg





## **Chest Squeeze**

- With Elbows bent, arms chest high, press palms of hands together and squeeze for 10 seconds
- For added resistance hold a ball
- Repeat 5 times

# AB Knee Crunches

---

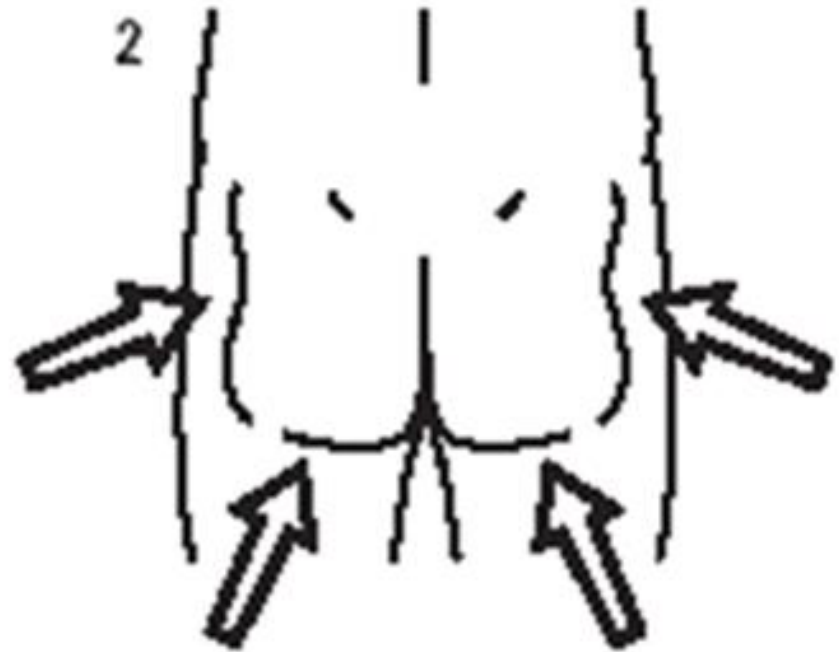
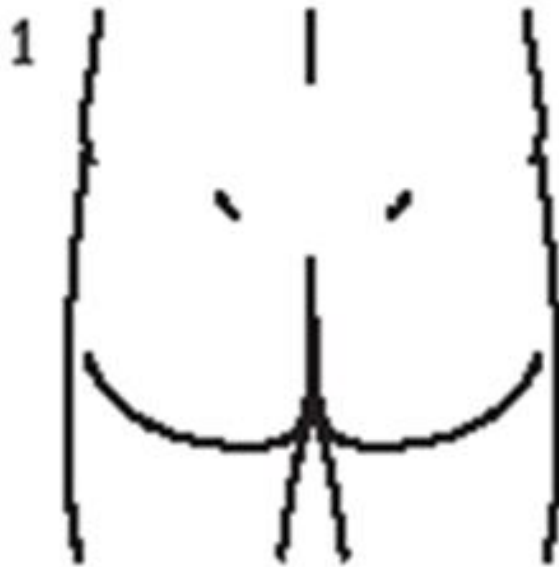
- Good posture, shoulders back, raise knees into chest
- Extra challenge alternate legs
- 3 sets of 15





# The Silent Squeeze

- Clench buttocks and hold for 10 seconds
- Repeat 10 times



## Plank

---

- Open your arms and put your hands on the edges of your chair or desk, walk your feet backward body angle is formed. Place toes hip width apart. Lift hip up to make a straight line from shoulders to heels.
- Hold for 30 – 60 seconds.





## **Seated Bicycle Pedal**

- Sit on the edge of chair and support your upper body on the armrests of the chair. Put legs in a position of bicycle pedaling by bringing knees near chest and keeping abs muscle contracted.
- Move feet like a pedal and repeat.
- One of the most beneficial ab exercises at your desk.
- Works entire core.

Remember: There  
are 1,440 minutes in  
each day. Use 30 of  
them for exercise and  
fitness!

- **Exercise Good**
- **Sedentary Bad**

