



Shape Up Your Workplace

A Monthly Series brought to you by Get Healthy CT

Workplace Wellness Idea #14: Deskercise

Get Healthy CT aims to provide businesses with ideas that will facilitate healthy behaviors of their employees to improve employee satisfaction, productivity and showcase the employer as a role model for health. To support this, we will provide a “Workplace Wellness Idea” each month that employers can implement at low or no cost.

What is Deskercise?

Technology advancements such as computers have increased our efficiency at work, but they have also caused us to spend more time sitting for hours at a desk or a workstation. According to the National Center on Health, Physical Activity and Disability, even if we are active before or after work and getting our 30 minutes of daily physical activity, research now shows that may not be enough to undo the health risks of a sedentary lifestyle. Sitting for long periods of time during the day is just as detrimental to your health.

Prolonged sitting can impair the body’s ability to deposit fat, interrupt the functioning of HDL (the healthy cholesterol), and increase one’s risk for cardiovascular disease and other causes of mortality. Adding short bouts of cardiovascular, strength, and stretching exercises throughout the workday will help reduce sedentary behavior and improve fitness levels.¹

What Can Employers Do?

As an employer, you can help your employees stay active throughout the day by educating them about the importance of getting up and moving every hour and giving them ideas on how to stretch at their desk or workstation. Twenty different “desk exercises” can be found on the next page. You can also create a challenge amongst your employees by having them commit to complete two of these exercises each day for two weeks to see which ones work best for them.

For more information, please visit GetHealthyCT.org

Let’s work together to help make the healthy choice the easy choice in the workplace!

¹ <http://www.nchpad.org/1061/5452/Deskercise~20~Ways~to~Get~Moving~While~you~Work>

Deskercise!

20 WAYS TO GET MOVING WHILE YOU WORK

The term "deskercise" refers to exercise that can be performed throughout your workday and even from your desk. There are a variety of movements available; here are 20 inclusive ways to effectively add more movement into your day.

CARDIOVASCULAR

1. JOG IN PLACE: This exercise can be done seated or standing. Continue the movement for one minute. If standing increase intensity by picking up your knees.



2. SKI ARMS: Hold arms up and out fully extended with one arm forward and the other back. Swap arms back and forth moving continuously for one minute.



3. SEATED DANCING: There is no shame in a quick, bout of seated dancing. Maybe you have a closed door or cubicle barrier. Regardless, let loose for one minute and get your heart pumping.



4. PUNCHIT OUT: From a seated or standing position take some jabs into the air continuously for one minute. To ramp up the intensity grab some full water bottles for added weight or perform in a squat position if standing.



STRENGTH

6. SQUEEZE: Perform an isometric hold on either your glutes or abdominals for 10 seconds and release. Repeat squeeze five times.



7. WALL SIT: Find a wall, squat down with your thighs parallel to the floor, make a 90-degree angle with your legs, and hold for a minute. You can also split the challenge into two, 30-second sits.



8. CHAIR SQUAT: Sit on the edge of your chair with feet about shoulder-width apart. Stand up without using your hands and then squat down to return to your chair. When squatting, stick your backside out and always make sure your knees do not cross over your toes. Complete 8-10 reps.

9. DESK DIP: Use a sturdy desk or a non-rolling chair. Sit at the very edge if using a chair and place your hands on both sides of the body. Plant both feet on the floor and take one to two steps away from the desk or chair. Bend your elbows down to a 90-degree angle, hold, and re-straighten. Complete 8-10 reps.



10. HAND SHAKE: Clasp hands in front of chest as if you were giving yourself a handshake. One thumb should be up and the other down. Pull as hard as you can and hold the movement for 20 seconds repeating twice.



11. PRAYER HANDS: Seated upright with feet flat on floor, bring palms together in front of your chest; push both hands together powerfully until you feel your arm and chest muscles contract. Hold for 20 seconds and repeat twice.



12. WALL PUSH-UP: Start standing or seated in a chair about two feet from a wall. Lean forward until palms are against the wall and then bend your elbows to push yourself toward the wall. Hold push-up for a few seconds and then push back to the starting position. Complete 10 reps.



13. CHEST FLY: Grab two objects and hold in each hand. Begin with arms fully extended in front of your body. With objects in hand, keep the extension, move your arms out to the side and pull them back to starting position.

14. SHOULDER ROLL BACK: Roll your shoulders back and squeeze shoulder blades together holding for 10 seconds. Repeat the movement five times.



15. RAISE THE ROOF: Grab two objects and hold in each hand. Begin with your arms fully extended out in front of your body. With objects in hand, keeping the extension, move your arms out to the side and pull back into the starting position.



16. SEATED CRUNCHES: Seated upright with feet flat on the floor, bring your palms together in front of your chest and push both hands together powerfully until your arm and chest muscles contract. Hold position for 20 seconds; repeat twice.



17. OVERHEAD TRICEPS EXTENSION: Seated upright with feet flat on the floor, bring your palms together in front of your chest and push both hands together powerfully until you feel your arm and chest muscles contract. Hold the position for 20 seconds and repeat twice.

FLEXIBILITY



18. FOREARM STRETCH: Hold one arm fully extended out in front of you with your fingers facing up. Use your other hand to pull your fingers back towards your body and hold the stretch for 10 seconds. Repeat with your other arm. Now perform the same movement but with your fingers facing down on each arm.

19. SHOULDER STRETCH: Clasp your hands together in front of your chest as if you were giving yourself a hand-shake. One thumb should be up and the other pointing down to the ground. Pull as hard as you can and hold the movement for 20 seconds repeating twice.



20. CHEST OPENER: Grab two objects such as a full water bottle and hold in each hand. Begin with your arms fully extended out in front of your body. With objects in hand, keeping the extension, move your arms out to the side and pull them back into the starting position.