WellMind+

MAKING THE WORLD HEALTHIER AND HAPPIER

MOVE AT WORK

It is said that 'sitting is the new smoking' because a sedentary lifestyle is so bad for us. You may feel it in tight muscles, back pain, tingling nerves, or bad posture. It may also cause weight gain. Moving at work clears the brain, and improves focus, memory, creativity and mental stamina.

Below are 8 ways to move during the workday without doing a workout.

1 WALK

Getting up from your seat is the first step in adding movement to your day. And once you're up, take a walk. You don't have to go far: take a document to a colleague, go for coffee. Take the stairs instead of the elevator. Walk while on a phone call. Take a walking meeting. And if you can do this outside, it's even better.

2 STRETCH

IIf you have a job that keeps you sitting or standing for hours, you are familiar with the muscle tension, stiffness and pain that often comes with that. So take a few minutes to stretch at regular times during the day. Try every hour on the hour.

3 DANCE

Dance to the music!! Take a dance break. Put some headphones in and dance to one song. If doing it at your workspace is not feasible, then go to the bathroom or your lunchroom or take it outside.

4 LIFT A WEIGHT

No need for a full-on gym workout to get the benefits of using weights. Keep some light weights under your desk. During the day, schedule 5-10 minutes to do some shoulder presses or bicep curls or an exercise of your choice.

5 SQUAT

Relieve the pressure that sitting all day often puts on the nerves in your legs. You can do a squat no matter what you're wearing. Use your chair to sit then stand. Or do a squat with your back against a wall.

6 PUSH UP AGAINST A WALL

Most of us don't have a lot of space to do a pushup on the floor while at work. It also may be inconvenient based on what you're wearing. So do a set of pushups against a wall.

7 STRIKE A POSE

A yoga pose that is. Do a warrior pose or standing tree pose. If your workspace allows for a yoga mat and casual clothing then take it to the floor. Whatever pose you strike, it's a great way to add some zen to your day.

8 MARCH IN PLACE

Ok. So you can't go outside and walking around the office isn't practical. Stand up and march in place. This allows you to move in place without moving around.

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