

# MHealthy Physical Activity: DESK EXERCISES



Break up your day with these exercises that require no equipment and can be done easily at your desk.

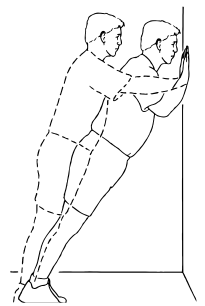
## MINI SQUATS

With feet shoulder width apart, reach forward for balance and do a mini squat. Keep knees in line with and behind toes. If necessary, hold on to a counter, table, railing or wall for support. Keep your feet flat and keep knees in line with and behind toes. Hold for a count of five.



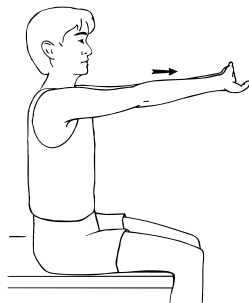
## WALL PUSH UP

With feet and hands shoulder width apart, lean into wall with palms flat against the wall, then push away from wall.



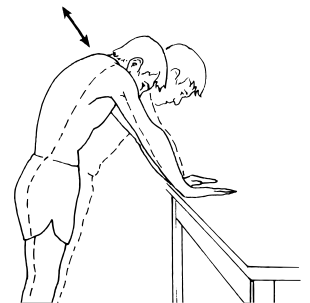
## WRIST FLEXORS

With fingers interlaced and palms out, straighten arms in front of you until the stretch is felt.



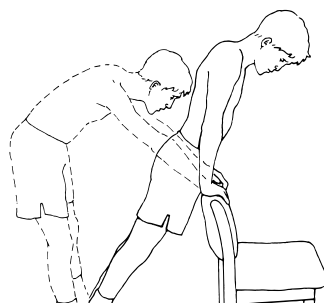
## STANDING SHOULDER MOTION

With hands shoulder width apart on top of table/desk, raise, then lower shoulders.



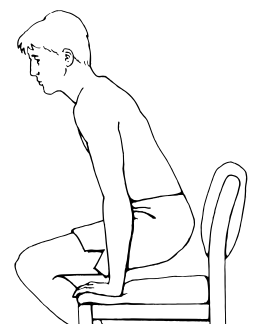
## SHOULDER FLEXION/EXTENSION

With hands shoulder width apart on chair or desk, rock forward over hands and then back, stretching shoulders to tolerance. Do not move feet.



## SITTING PRESS UP

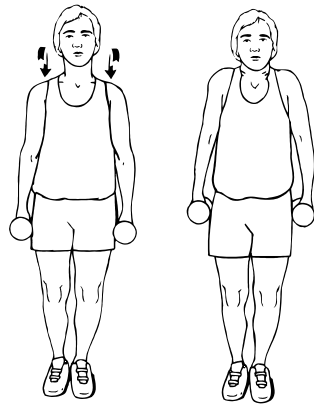
Sitting on chair with palms flat on seat, lean forward a bit. Push up so bottom comes off the chair seat.



## MHEALTHY PHYSICAL ACTIVITY: DESK EXERCISES

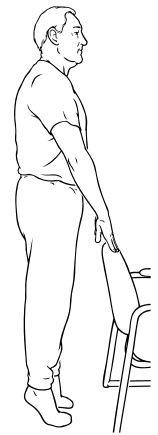
### SHOULDER SHRUG

Keeping arms straight, lift shoulders as high as possible, rotating shoulders up and backward



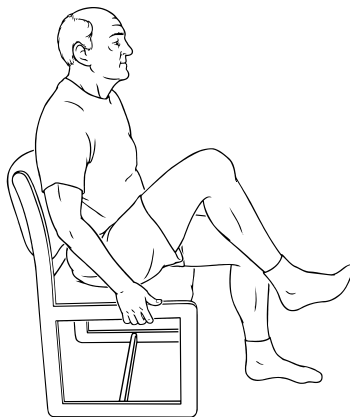
### STANDING TOE RAISE

Standing, place feet hip width apart. Rise up on toes, holding arms out or onto a chair/desk for balance. Return to starting position.



### SEATED KNEE RAISE

Sitting up straight in a chair, lift knee towards chest. Return to starting position. Repeat with other leg.



### SINGLE LEG BALANCE

Stand on one leg. Place foot of other leg on inside of thigh. Rotate knee to side. Hands in prayer position, reach arms over head. Repeat on other leg.

**BEGINNER:** Place foot on calf, hands at chest or on hips.

\*Be sure to never place the foot directly on the knee joint.



### STRENGTH TRAINING SAFELY

- Frequency: 2-3 days/week with 48 hours of rest between strength training sessions
- Intensity: perform each exercise until momentary muscle fatigue is reached
- Repetitions: momentary muscle fatigue should be reached within 10-15 repetitions
- Sets: depending on your goals, 1-3 sets
- Exercise muscles through their fullest comfortable range of motion, do NOT lock joints
- Do NOT hold your breath while performing an exercise