## course description

Sitting improperly at your desk can cause many physical problems. However, research shows that stretching or light exercise at work can relieve symptoms of both physical and mental stress. These are some simple Deskercises, plus cardio and core Deskercises.

## what to do

- Get a stress ball and squeeze it.
- Stand up and sit down, without using your hands.
- Walk around to talk to coworkers rather than send emails and IMs.
- Stand while you're on the phone or typing emails.
- Jog in place.
- Take the stairs instead of the elevator. Work up to taking 2 steps at a time for an extra workout.
- Choose a bathroom on a different floor whenever possible, and use the stairs to get to it, not the elevator.
- Use an exercise ball rather than a chair.
- Tap your toes under your desk.
- Squeeze your backside for 5-10 seconds and release.
- Stand in front of a small trashcan or cabinet, lifting your legs up to tap your toes on the edge.
- With feet hip-width apart, step the left leg back two feet and balance on the ball of the foot. Next, lower into a lunge, and then accelerate upwards. While in the air, switch feet so that the left foot is planted firmly in front and the right leg is now behind.
- Take a deep breath and tighten the ab muscles. Squeeze for 5-10 seconds and release.
- With your elbows on your thighs, try to curl the chest towards the legs. Hold for 10 seconds and release.


## notes

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