



# Increasing Movement with Office Exercises

For many people who work in busy office environments, incorporating mindful movement into everyday routines can be a challenge. Many smartphone and desktop applications available on the market can help you set reminders to move during the day. Some of these include StretchClock, DeskActive, BreakPal, and Office-Fit. If a written schedule is more appealing, you can incorporate the following schedule into your work routine every day. This schedule will provide you with various types of movement throughout the work week, and can be customized for your desired level of activity. (Note that some of the exercises listed below require an exercise or resistance band.)

| Day of the Week  | 8-9 am Exercise  | 9-10 am Exercise                | 10-11 am Exercise                                       | 11-12 am Exercise                           | 12-1 pm Exercise       | 1-2 pm Exercise                                      | 2-3 pm Exercise   | 3-4 pm Exercise                             |
|------------------|--|---------------------------------|---|---|------------------------|--|---|---|
| <b>Monday</b>    | Chair stand-up, sit-downs (5 to 20 reps)                       | Desk push-ups (5 to 20 reps)    | Standing biceps curls w/band (5 to 20 reps)             | Shoulder and neck stretch (1 minute)        | Walk (5 to 10 minutes) | Balance on one leg; alternate legs (5 to 20 seconds) | Chair dips (5 to 20 reps)                               | Chest and back stretch (1 minute)           |
| <b>Tuesday</b>   | Wall squat (10 seconds to 1 minute)                            | Band chest press (5 to 20 reps) | Seated alternating shoulder press w/band (5 to 20 reps) | Hip stretch (1 minute)                      | Walk (5 to 10 minutes) | Calf raises (5 to 20 reps)                           | Seated triceps kickbacks (5 to 20 reps)                 | Calf stretch and ankle rotation (1 minute)  |
| <b>Wednesday</b> | Seated leg extensions; alternate legs (8 to 20 reps, each leg) | Desk push-ups (5 to 20 reps)    | Standing biceps curls w/band (5 to 20 reps, each arm)   | Side body stretch (1 minute)                | Walk (5 to 10 minutes) | Alternating standing knee-to-chest (6 to 20 reps)    | Chair dips (5 to 20 reps)                               | Hamstring and quadriceps stretch (1 minute) |
| <b>Thursday</b>  | Standing hip abduction; alternate sides (6-20 reps)            | Band chest press (5 to 20 reps) | Seated alternating shoulder press w/band (5 to 20 reps) | Hamstring and quadriceps stretch (1 minute) | Walk (5 to 10 minutes) | Standing oblique side reach (6 to 20 reps)           | Seated triceps kickbacks (5 to 20 reps)                 | Shoulder and neck stretch (1 minute)        |
| <b>Friday</b>    | Static lunges; alternate legs (5 to 20 reps)                   | Desk push-ups (5 to 20 reps)    | Standing biceps curls w/band (5 to 20 reps)             | Chest and back stretch (1 minute)           | Walk (5 to 10 minutes) | Balancing leg extensions (5 to 20 seconds)           | Seated overhead triceps extension w/band (5 to 10 reps) | Deep breathing (1 minute)                   |