

10 Exercises You Can Do Without Leaving Your Cubicle or Desk

A typical employee spends an average of 40 hours sitting on a chair. Now let's see how these 40 hours affect the human body.

According to a recent study, those who sat for long periods had:

112%
increase in risk of diabetes.



147%
increase in cardiovascular events.



90%

increase in death caused by cardiovascular events.



90%

drop in enzymes that help to breakdown fat.



1cal

Calorie burning drops down to 1 cal per minute.



20%

Level of good cholesterol drops by 20% after sitting for 2 hours.



You Can Do These EXERCISES While Sitting



- 1** Lift one leg off the seat, extend it out straight, hold for 2 seconds; then lower your foot (stop short of the floor) and hold for several seconds.
- 2** Place both hands on your chair arms and slowly lift your bottom off the chair. Lower yourself back down but stop short of the seat, hold for a few seconds.
- 3** Place your hands on the desk and hang on. Slowly push your chair back until your head is between your arms and you're looking at the floor. Then slowly pull yourself back in.
- 4** Sitting tall in your chair, stretch both arms over your head and reach for the sky. After 10 seconds, extend the right hand higher, then the left.
- 5** Let your head roll over so that your right ear nearly touches your right shoulder. Using your hand, press your head a little lower gently. Hold for 10 seconds. Relax, and then repeat on the other side.
- 6** Perform a football foot drill. Rapidly tap your feet in place, simulating a run. Do the same thing while seated, for 30 seconds at a time.
- 7** Use a full water bottle as weight to increase the difficulty of your work out. You can do front raises, overhead presses and bicep curls with a water bottle.
- 8** Sit on the edge of your chair and stretch your arms out in front of you. While keeping your back straight, contract your abdominal muscles. Relax and repeat.
- 9** Sit facing forward, then turn your head to the left and your torso to the right, and hold a few seconds. Repeat 15 times, alternating sides.
- 10** Place the palms of your hands on your chair and your feet on the floor. Bend your elbows and lower your body. Straighten your arms to return to the starting position.

Sources:

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