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# Increasing Movement During the Workday

*Fitting mindful movement into your workday can be tricky. This workplace-friendly physical activity list can help you plan short breaks. It includes exercises to improve posture and open the chest and hips. Seven different exercises are included per day so that you can do one per hour. During a longer break, such as over lunch, try to walk for 10 to 20 minutes.*

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## Monday

- **Air squats:** Stand straight, arms by your sides. Bend knees until your thighs are parallel to the floor. Return to standing. Do 15 to 25 repetitions (reps).
- **Neck rolls and side tilts:** Lower your chin toward your chest, then lift your chin toward the ceiling. Next, look forward, then tilt each ear toward your shoulder on the same side. Do 5 to 20 reps.
- **Desk dips:** Stand with your back to a desk and grip your hands on the edge. Bend your elbows to lower your body as far as you can. Do 10 to 20 reps.
- **Seated hip stretch:** Sit and place your right ankle on top of your left knee. Flex your right foot. Lean forward to increase the stretch. Switch legs and repeat. Stretch each leg for 1 minute.
- **Shoulder rolls:** Raise your shoulders up toward your ears, then slowly roll them backward. Repeat, this time rolling your shoulders up, then forward. Repeat the cycle for 5 to 10 seconds.
- **Reverse shoulder fly:** Sit on the edge of your chair, lean forward, and drop your arms down with your palms facing each other. Next, raise your arms out to the side. Do 5 to 20 reps.
- **Tricep stretch:** Raise a bent arm behind your head to touch the opposite shoulder blade. Use your other hand to pull your elbow toward your head. Stretch each arm for 1 minute.



## Tuesday

- **Wall squats:** Stand with your back against a wall and slide down as if to sit on an invisible chair, so your thighs are parallel to the floor. Hold for 10 to 60 seconds. Do 5 to 12 reps.
- **Seated back stretch:** Clasp your hands behind your back, push your chest forward, and lift your chin. Then, bend your head down and stretch your arms straight ahead. Hold the stretches 15 to 45 seconds.

- **Overhead press:** Bend your elbows, so each fist (palms forward) is just below your shoulders. Raise your arms above your head. Make it more difficult by holding a book while raising your arms. Do 5 to 20 reps.
- **Desk plank:** Stand and put your elbows and forearms on a desk, hands touching. Extend your body in a straight line with only your toes on the floor. Hold for 15 to 60 seconds.
- **Calf raises:** Stand and place your hands on a desk. Raise your heels off the floor until standing on toes, then slowly lower your feet. Do 5 to 20 reps.
- **Wrist stretch:** Stretch one arm forward, point your fingers down, and use your other hand to pull your fingers toward your body. Next, stretch your fingers up. Stretch each wrist for 20 to 30 seconds.
- **Quadriceps stretch:** Stand on one leg (use a desk for support) and use your hand to pull the other leg back toward your butt. Repeat on the other side. Stretch each leg for 1 minute.

### *Wednesday*

- **Side lunges:** Stand and shift weight onto heels. Move one foot to the right, then bend at knee, keeping the other leg straight. Do 8 to 15 reps per leg.
- **Neck rolls and side tilts:** Lower your chin toward your chest, then lift your chin toward the ceiling. Next, look forward, then tilt each ear toward your shoulder on the same side. Do 5 to 20 reps.
- **Isometric bicep curls:** Bend your left arm to 90 degrees near your side, then clasp your right hand over the left. Curl your left arm up while pushing down with your right hand. Do 5 to 20 reps with each arm.
- **Seated hip stretch:** Sit and place your right ankle on top of your left knee. Flex your right foot. Lean forward to increase the stretch. Switch legs and repeat. Stretch each leg for 1 minute.
- **Standing knee-to-chest:** Stand straight, lift one knee to your chest, and grasp your knee with both hands. Hold briefly. Repeat with the other knee. Do 6 to 20 reps, alternating legs.
- **Step-ups:** Step onto a bench or stairs, leading with your right foot, then bring your left foot up beside it. Step down, leading with your right foot. Do 8 to 15 reps, alternating the leading leg.
- **Tricep stretch:** Raise a bent arm behind your head to touch the opposite shoulder blade. Use your other hand to pull your elbow toward your head. Stretch each arm for 1 minute.

### *Thursday*

- **Air squats:** Stand straight, arms by your sides. Bend knees until your thighs are parallel to the floor. Return to standing. Do 15 to 25 repetitions (reps).
- **Seated back stretch:** Clasp your hands behind your back, push your chest forward, and lift your chin. Then, bend your head down and stretch your arms straight ahead. Hold the stretches 15 to 45 seconds.

- **Overhead press:** Bend your elbows, so each fist (palms forward) is just below your shoulders. Raise your arms above your head. Make it more difficult by holding a book while raising your arms. Do 5 to 20 reps.
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- **Wrist stretch:** Stretch one arm forward, point your fingers down, and use your other hand to pull your fingers toward your body. Next, stretch your fingers up. Stretch each wrist for 20 to 30 seconds.
- **Quadriceps stretch:** Stand on one leg (use a desk for support) and use your hand to pull the other leg back toward your butt. Repeat on the other side. Stretch each leg for 1 minute.

### *Friday*

- **Static lunges:** Step forward with one foot. Lower your back knee toward the floor while lifting your heel, and bend your front knee over your toes. Alternate legs and do 5 to 20 reps.
- **Neck rolls and side tilts:** Lower your chin toward your chest, then lift your chin toward the ceiling. Next, look forward, then tilt each ear toward your shoulder on the same side. Do 5 to 20 reps.
- **Desk dips:** Stand with your back to a desk and grip your hands on the edge. Bend your elbows to lower your body as far as you can. Do 10 to 20 reps.
- **Seated hip stretch:** Sit and place your right ankle on top of your left knee. Flex your right foot. Lean forward to increase the stretch. Switch legs and repeat. Stretch each leg for 1 minute.
- **Shoulder rolls:** Raise your shoulders up toward your ears, then slowly roll them backward. Repeat, this time rolling your shoulders up, then forward. Repeat the cycle for 5 to 10 seconds.
- **Reverse shoulder fly:** Sit on the edge of your chair, lean forward, and drop your arms down with your palms facing each other. Next, raise your arms out to the side. Do 5 to 20 reps.
- **Tricep stretch:** Raise a bent arm behind your head to touch the opposite shoulder blade. Use your other hand to pull your elbow toward your head. Stretch each arm for 1 minute.