



Staying in shape at your office desk

It's amazing. Doing just 1 minute of these simple exercises 2 or 3 times a day can get your juices flowing, pep you up if you're in a rut, or calms you down when you're feeling stressed.

Chest Press

What you need: A desk or other flat surface.

What you do: Stand 3 or 4 feet away facing your desk. Place your hands on the edge of the desk shoulder width apart, keeping your back straight and arms extended so your body is at an angle. Bend your elbows as you lower your chest to the edge of the desk, and then push yourself back up to the start position.

To get the most out of it: Repeat 10–15 times or for 30–60 seconds, two or three times a day.

Safety tip: Make sure your desk is up against a wall so it won't slip out from under you.

Arm Curls

What you need: Elastic band, dumbbells or hefty object, such as a dictionary.

What you do: If you're using an elastic band, stand on the mid-point of the band with your feet apart. Grip the handles with your arms down and palms facing forward. Curl upward, focusing on your biceps, and then lower your arms to your start position.

To get the most out of it: When this exercise gets too easy, move on to heavier weights or add more tension to your elastic band.

Triceps Press

What you need: Elastic band, dumbbells or hefty object, such as a dictionary.

What you do: With your hand behind your head and your elbow pointed up toward the ceiling, extend your arm straight up, then return to the start position in a steady, controlled motion, focusing on the triceps in the back of your upper arm.

To get the most out of it: When this exercise gets too easy, move on to heavier weights or add more tension to your elastic band.

Side Lateral Raise

What you need: Elastic band, dumbbells or any handheld object heavy enough to give you a bit of resistance.

What you do: Stand up straight with your arms at your sides. Lift your arm straight out to the side, raising it up until it's level with your shoulder, then lower back down.

To get the most out of it: Do some front raises to strengthen your deltoids. Instead of raising your arms out to your sides, lift them straight out in front of you.

Take a brief exercise break today to experience many rewards.