

Make a Difference

Make a difference by adding some of these to your daily routine...

Seated exercises:

Try the following exercises a couple of times a day:

- Two shoulder shrugs (shoulders to ears).
- Half a dozen shoulder rolls, three in each direction
- A couple of chest stretches (holding hands behind your back and gently pulling shoulders back so shoulder blades move together).
- Seated spine rotations, a couple to each side.

Do these hourly (at your desk or in your car when it's stationary):

- Four ab toners by sitting slightly forward with knees over ankles, crunching breast and pelvic bones towards each other while drawing belly button towards spine - hold for ten seconds.
- Eight alternate leg stretches beneath the desk, flexing the foot and raising the leg so that knees are parallel and at the same height.
- Six inner thigh squeezes combining buttock clench with pressing the inner thighs together - hold for ten seconds.

Standing exercises

Try these exercises while waiting for the kettle to boil, or standing near the vending machine or photocopier:

- Lean with your back against the wall and roll your back down with your arms hanging limply, until your legs are at 90-degree angles with knees over ankles. Hold this position counting to 20 then slowly roll back up again. Repeat two or three times.
- Do ten standing 'press ups' (arms wide as for a standard press up) pushing off against the wall.
- Do ten standing tricep 'press ups' (with hands and fingers outstretched and thumbs touching) pushing off against the wall to work the triceps at the back of the arm.

Walk this way

- Get up and walk for a couple of minutes every hour. Walk to the farthest water dispenser, photocopier or fax machine.
- Take stairs rather than a lift or escalator on your way to work and during the day. Walk to a colleague to talk to them instead of telephoning or sending an email.

Lunchtime active fun

Do some of the following exercises with your colleagues:

- Organise football kickabouts for after work or in your lunch hour.
- Go swimming during your lunch hour.
- Walk briskly for 30 minutes at lunchtime, or if the weather is bad go to a gym and walk on the treadmill (jog if you have time for a shower!).
- Find a steep hill near the office and climb it.

Exercises Continued:

- Walk up and down the stairs at your workplace for 20 minutes at Lunch time.
- Club together with colleagues and hire a personal trainer or a Pilates instructor (or activity of your choice) for a lunchtime or after-work session in the instructor's premises, or at the workplace.
- If appropriate, take a skipping rope to the car park and skip for 10 to 15 minutes.

Plan ahead

- Pack your sports kit and put it by the front door last thing at night so you don't forget it in the rush to get to work the next morning.

Motivation for walking

- Walking one mile in 15 minutes burns the same number of calories as running a mile in eight and a half minutes.
- Walking two miles three times a week can reduce your weight by one pound every three weeks.