

ELECT TO STAY ACTIVE!

Small exercises that can be done at work are proving to benefit both the physical and mental wellbeing of employees across the world. Your energy, focus, and mood can all be boosted by some daily movement!



**BOOST TEAM MORALE
SET TIMERS
AND PLAN
MOVEMENTS
THAT CAN BE
DONE WITH
OTHERS!**



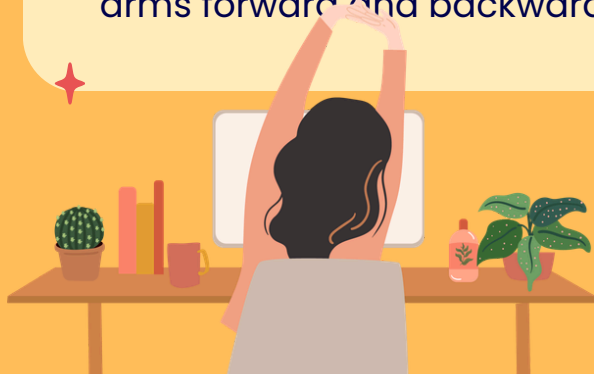
YOUR GUIDE TO DESKERCISE



**COMPLIMENTS OF THE
CENTRAL REGION
ELECTION WORKOUT
CIRCUIT COMMITTEE**

EXERCISES THAT TARGET YOUR UPPER BODY

- Desk Push-Ups: Place your hands on your desk, shoulder width apart, and lean in to push yourself back up
- Desk Dips: Place your hands on the edge of your desk, extend your legs, and lower yourself by bending your arms
- Hand Press: Press your palms together in front of your chest, elbows out, and hold the pressure
- Triceps Stretch: Extend one arm, bend it, and try to touch the opposite shoulder blade
- Arm Circles: Rotate your arms forward and backward



EXERCISES THAT TARGET YOUR CORE

- Seated Knee-to-Chest: Bring one knee towards your chest while seated
- Seated Flutter Kicks: While seated, extend your legs and alternate kicking your feet up and down
- Oblique Twist: Sit at the edge of your chair, twist your torso from side to side, engaging your core
- Desk Plank: Place your hands on your desk, walk your feet back, and hold a plank position



SOME MORE EXERCISES...

- Jumping Jacks: Do a few sets of jumping jacks to get your heart rate up
- Shadow Boxing: Punch the air for a stress-relieving workout
- Neck Rolls: Gently roll your head in circles to relieve tension
- Shoulder Rolls: Rotate your shoulders forward and backward
- Wrist and Finger Stretches: Rotate your wrists and stretch your fingers to combat stiffness from typing
- Take the Long Way: Headed to the copier? Take a longer route to get some extra steps in

