

HEALTHY LIVING CHRONICLES

Exercise on the Go



Living healthy shouldn't be a fad; consider it a way of life. However, many have difficulty finding time to add exercise to their busy schedules. Jeff Wright, director of Rehabilitation Services, suggests a few moves to incorporate into your daily work routine that may improve your range of motion, posture and strength.

The Magic Carpet Ride

This exercise works your core and arms. Sit in your chair with your legs crossed and your feet on the seat. Then, place your hands on the armrests and suck in your abs (stomach muscles). Afterwards, raise yourself a few inches above the seat using your belly muscles and hands. Hold this position for 10 to 20 seconds, and rest for 30 seconds. Repeat these steps five times.

Dipping Dots

This exercise is for upper-body strength and will help the backs of your arms. Place your rear on the edge of the desk, and then place your palms on the edge of the desk on either side of you. Keep your feet together, bend at the elbows and slide forward off of the desk and dip down a few inches. Then, push back up. Dip to where your elbows are bent at 90 degrees. Perform this move 20 times. For a more difficult variation, straighten your legs or put your feet on a chair.

Worth the Wrist

To help with carpal tunnel, stand at your desk with your arms straight and place your palms on the desk with your fingers pointed toward you with palms up. Lower your body slowly until you feel the stretch (you won't have to go far). Hold this position for 15 seconds. Repeat these steps throughout the day as needed.

Kickstand

For lower-body strength, sit in your chair and extend one leg out straight in front of you. Hold this position for two seconds. Then, raise your leg as high as you can and hold it for another two seconds. Repeat these moves with each leg 15 times.

Push it

For upper-body strength, stand a yard or more away from your desk or a wall with your feet together. Place your palms on the edge of the desk about the width of your shoulder. Lower your chest to the edge of the desk and push back up. Remember to exhale on the way up. Do this move 20 times.

Before starting any exercise program, talk with your physician.





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