



STRETCH IT OUT

It can be difficult to find the time to exercise when you work 9 to 5

We have found some simple exercises you can do while you work at your desk.

Leg Planks – Sit at the edge of your chair with your knees bent and feet on the floor. Extend your right leg in front of you until it is straight and parallel with the floor. Hold for 10 seconds, release and then repeat with your left leg. Do this 5 times on each leg.

Shoulder Raises – This is a quick and easy technique to relieve tension in your neck. Raise your shoulders up to your ears and hold for 10 seconds, then relax. Repeat the exercise 5 times.

Foot Drill – While sitting down, tap your feet for 30 seconds at a time – or even longer if you can!

Chair Dip – While sitting down, place your hands on your armrests and slide forward to the edge of your seat. Slowly straighten your arms, and lift your body off your chair and hold for 10 seconds. Move back to your starting position and repeat four times.

Walking Breaks – It's also important to have frequent walking breaks throughout the day. If you start to feel tired, it can help to take a brisk walk to the break room or maybe take a stroll outside on your lunchbreak to get some fresh air? Don't forget, we also have 30 minute and 1 hour walking routes available on the Blythe Valley Park Bulletin showing routes that you can take for a walking meeting.

Reference: <https://www.doyouyoga.com/exercises-to-do-at-your-desk/>



BLYTHE VALLEY PARK
NOT YOUR AVERAGE 9-5

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