

Your Wellbeing @ Work Fast Checklist: 20 Fitness Improvers

- **Stretch.** Burns calories, keeps your circulation going and makes you feel good.
- **Desk Dips.** Grip table edge behind you, extend legs in front and squat gently.
- **Use Stairs.** Avoid lifts and escalators, climb up briskly at every opportunity.
- **Seated Isometrics.** Tighten your abs for 30 second intervals. Flex your legs.
- **Healthy Commute.** Walk or cycle to work: help the environment and get fit.
- **Stationary lunges or squats.** Easy exercises you can do in any quiet corner.
- **Research.** Use Google or YouTube to find other easy exercises to do at work.
- **Take “Micro Breaks”.** Even a few seconds taken often can make a difference.
- **Meetings/Calls while Standing.** Burns calories and is efficient.
- **Lunchtime Exercise.** Why not nip off to the gym or take a vigorous brisk walk?
- **Shoulder Exercises.** You can do shoulder shrugs, stretches or rolls at any time.
- **Organise Group Activities.** Get colleagues involved so you egg each other on.
- **Pop Outside.** A triple win: a nice break, good walk and fills lungs with fresh air.
- **Brisk Walking Technique.** Flex abs and move arms for even greater benefit.
- **Office Bicep Curls.** Take a light, easy-to-grip item and do some curls with it.
- **Heel Walk.** Walk while balancing on your heels, feet flexed and facing upwards.
- **Deliver by Hand.** You’ll enjoy the break and your colleagues the personal touch.
- **Windmills.** Rotate each arm forward a few times and then reverse direction.
- **Know the Risks.** Research DVT, RSI etc. on the web to learn to avoid them.
- **Switch Sides.** Change your position frequently and keep moving body, arms etc.

Warning: please take medical advice before making any changes to your habits or lifestyle.