

SUNDAY MORNING HEALTH CORNER

The Benefits of Desk Exercising



Exercising can often be a struggle for those who have not developed a lifestyle focused on physical fitness. If you work in a profession that requires significant deskwork, you're likely not getting enough movement during the day.

Increasing your activity is beneficial to your muscle flexibility and also provides stress relief. Here are some exercises you can try right at your desk to increase your physical activity during the day.

- **Shoulder Raises**
- **Leg Planks**
- **Shadow Boxing**
- **The Swiveling Abs**
- **Water Bottle Free Weights**
- **Take Breaks and Move through the Office.**

Be proactive and find exercises that work best for you.



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