



NEW DESKERCISE **Low Impact Stretching Activities**

The Fist Pump

Received approval from the head honcho for extra vacation days? Time to rock out to that Bruce Springsteen playlist while simultaneously toning the arms. Fist punch into the air like a champ (alternating arms, of course), and continue for 60 seconds or more—or until you realize the boss is right behind you.

The Secret Handshake

Let's make a deal. Sitting up and with feet flat on the floor, clasp hands together as if giving yourself a handshake (with one hand's thumb pointing to the floor and the other pointing to the ceiling). Then pull! Resist the motion of both arms (you should definitely feel this in those biceps). Hold for 10 seconds or more, release, and repeat.

The Namaste

Whether you're praying for a project extension or for more defined arms, this move has you covered. Seated upright with feet flat on the floor, bring the palms together in front of the chest and push both hands together powerfully until you feel the arm muscles contract. Hold the prayer hands pushed together for 20 seconds. Release and repeat the sequence until you feel a little more Zen.

The Stapler Curl

Trusty staplers are always guarded closely. Seated or standing, take the stapler in one hand with the palm facing upwards. Starting at the thighs, bend the elbow and curl the arm up towards the chest, just like a regular dumbbell biceps curl. Pause momentarily and then lower the stapler back down. Continue for 12-15 reps, then switch. Don't have a weighty stapler? Try using a filled water bottle or a heavy change purse (the vending machine can wait!).

The Silent Seat Squeeze

Believe it or not, some deskercises can be kept under wraps, and this isometric glutes exercise is one of them. To start toning, simply squeeze the buttocks, hold for 5-10 seconds, and release. Repeat until the agenda wraps up or the glutes tire. The results will be uplifting in more ways than one.

The Patient Printer

The boss lady just requested that a 200-page presentation be printed "perfectly." Why lackadaisically stand by the printing pages when you could be sculpting your calves with calf raises? Standing with feet shoulder-width apart, press up onto the tippy toes, pause at the top, then lower back down. Repeat for three sets of 12-15 reps, or until the printing, faxing, or scanning is done. Ready to level up? Try raising only one leg at a time.

The Last Man (Or Woman!) Standing

Sure, standing around isn't exactly traditional exercise, but research shows it's got more than a leg up on sitting. After all, long periods of sitting are linked to increased risk for diabetes, obesity, and cardiovascular disease, whereas standing significantly increases your daily caloric expenditure. Stand whenever you can, and consider roping in other coworkers to have standing meetings too!