



Deskercise

Add a little extra movement to your day!

Do one minute of each of these exercises.

Talk with your doctor before significantly increasing your activity level. Ask about the amounts and types of activities that may be best for you. Remember, moderation is best when starting an exercise regimen. Start slowly and gradually increase how often, how vigorous and how long you exercise. Moving even a little improves your health.

To prepare for success:

- Use supportive and proper fitting shoes, equipment and clothing.
- Warm up, stretch and drink enough fluid to maintain hydration.
- If your doctor agrees, aim for 150 minutes a week of aerobic activity and two days a week of strengthening activity.

This health and wellness program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. The information provided through this health and wellness program is for informational purposes only and is not a substitute for your doctor's care. Your health information is kept confidential in accordance with the law and may be used to provide health and wellness recommendations as applicable. The health and wellness program is not an insurance program and may be discontinued at any time. © 2021 Optum, Inc. All rights reserved. 351934



Marching in place

Be sure to get those arms and legs pumping. You can do this seated or standing.



Punches

Sitting tall in your chair, alternate right and left arm punches in front of your chest.



Overhead arm punches

Sitting tall in your chair, alternate right and left arm punches overhead.



Leg extensions

Sitting tall in your chair, lift one of your legs straight out to hip level, then lower it back down; repeat with your other leg.



Chest openers

Make a goalpost shape with your arms. Bring your forearms together in front of you, then open them back out, squeezing your shoulder blades together.

