

APRIL

GOOD PHYSICAL HEALTH AT WORK

It actually doesn't take much:
2 minutes now and then will add more health, energy, and productivity to your account.

Below are a few tips on how to weave exercises into your daily routine:

1 When fatigue hits hard - lift your desk upward

Heel and toe

- Stand with your feet hip-width apart. Shift your weight from your heels to your toes alternately.
- Find your balance when you rise onto your toes.



2 When coffee's poured - straighten up, be restored.

Backbend

- Stand with your legs hip-width apart and place your hands on your lower back.
- Gently lean back, directing your gaze towards the ceiling.



3 When the mind gets stuck - get moving to unstuck.

Open up the chest

- Stand with elbows bent at 90 degrees, palms up. Move arms to sides,
- Squeeze shoulder blades, and hold. Repeat if necessary.



OFFICEFIT
STAY ACTIVE WHILE WORKING