

## *Deskercise for the Time Challenged Office Worker*

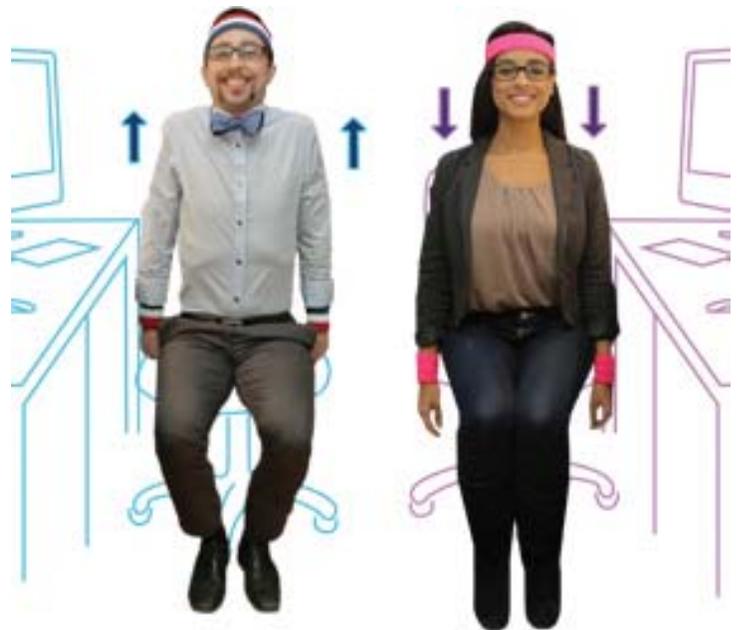
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**THE TERM “DESKERCISE”** is the merging of the office/desk and exercise. The adverse health effects associated with sitting at desk for 8-12 hours per day continue to be documented by health scientists. Add the time to commute to work and fitting exercise into a 24-hour day is challenging.

If you search Deskercise on YouTube or other web sources, you will find numerous “experts.” Unfortunately, these “experts” are often exercise physiologists, physical therapists, fitness trainers or former athletes who conduct “Deskercises” in tight-fitting athletic wear and are often using specialized equipment. However, for most workers, the idea of changing clothes or showering after Deskercises or fitting equipment into their office is simply not practical. Hence Deskercises must avoid creating too much perspiration and be possible wearing office clothing.

Experts may argue the exact benefits, however, most would agree that 150 minutes of moderate aerobic activity such as fast walking and climbing stairs along with strength activities such as the following 8 Deskercises will prevent you from being called a “Desk Doughnut!”

1. Paper pushups-with both hands on the desk (note: an uncluttered desk is required), walk your feet back to a 45-degree angle and do 12 push-ups.
2. Book press-hold the heaviest book (old encyclopedia?) with both hands behind your back and raise your arms over your head. Repeat.
3. Shoulder blade squeeze-stand and squeeze your shoulder blades together and open slowly. Repeat.
4. Chair squats-standing 6 inches in front of your chair, lower yourself until your butt hits the edge of the chair and then pop up. Repeat.
5. Wall sits-stand against a clean, smooth wall and squat down until your knees are at a 90-degree angle and push back up slowly (note: you may need to remove clutter such as boxes of paper)
6. Standing calf raises-stand with both feet together behind the desk chair and rise up on your toes and hold for 10 seconds, drop down and repeat.
7. Triceps desk dips-stand up beside the desk and face away from the desk, angle your feet away from the desk, then place your hands on the edge of the desk and lower your upper body and then raise up. Repeat.
8. Leg raises-while sitting, straighten your leg out horizontally and hold for 10 seconds. Repeat with other leg.



These 8 Deskercises have been recommended by the U. Wisconsin at LaCrosse and the American Council on Exercise. Note, that these Deskercises do not require the increasingly advertised office exercise equipment such as the under desk footcycle, the walking powered treadmill, the standing desk or the office elliptical. Unless you have storage space, this equipment may be more of a tripping hazard and limit space for the Deskercises.