

# 15 Minute Physical Activity Breaks

*Brought to you by the Wellness Committee in the Bureau of Nutrition & Health Promotion*

## **Cubicle Workout**

### **Stretching Routine**

#### Step 1

Stretch your neck when you start to exercise in a cubicle, slowly tilting your head from side to side, then forward and back. Hold each stretch gently for a couple of moments.

#### Step 2

Roll your shoulders, backward then forward, keeping your **arms** at your sides. Repeat 10 times both ways.

#### Step 3

Hold your right arm straight out in front you. Bend your elbow and rest your right hand on your left shoulder. Place your left hand on your right elbow and gently pull toward you, stretching your upper arm so that your right hand moves beyond your shoulder. Hold for a few seconds. Repeat on the left arm.

#### Step 4

Hold your right arm straight above your head. Bend at the elbow so that your hand is resting behind your head, by your neck. With your left hand, hold your elbow and gently pull your arm in toward your head, stretching your upper arm. Hold for a few seconds. Repeat on the left arm.

#### Step 5

Hold your right arm straight in front of you, your palm turned up toward the ceiling. With your left hand, gently pull back on your right-hand fingers, stretching your wrist and inner forearm. Hold for a few seconds and then turn your right palm down toward the floor, and use your left hand to gently pull your hand down toward the floor, stretching your wrist and upper forearm.

#### Step 6

Place each hand on its chair arm to continue to exercise in a cubicle. Firmly grip it, and gently lift your buttocks off the chair until your arms are straight, but not hyper-extended at the elbow. Be sure to keep your feet on the floor so that you are only lifting the weight of your upper body. Repeat five to 10 times.

#### Step 7

Place both hands on one of your chair arms. Gently pull your body in that direction, stretching your spine into a twist. Hold for a few seconds. Repeat on the other side.

#### Step 8

Tighten your buttocks so that it slightly lifts you up in the chair. Hold for 10 seconds. Repeat several times.

#### Step 9

Sit on the edge of your chair. Tighten your stomach muscles and, with your back and neck straight, slowly move your upper torso toward the back of the chair, stopping before you reach the back. Slowly return to your starting point. Repeat 10 times. Then, with your stomach muscles still tightened, and your back and neck straight, slowly move forward. Slowly return to your starting point. Repeat 10 times.

#### Step 10

Stay seated on the edge of the chair. Straighten your **legs** out in front of you, parallel with the floor and hold for a moment. Repeat 10 times with your foot pointed, then another ten times with your foot flexed.

#### Step 11

Place your feet flat on the floor. Lift your heels off the floor, working your calf muscles. Repeat 10 times.

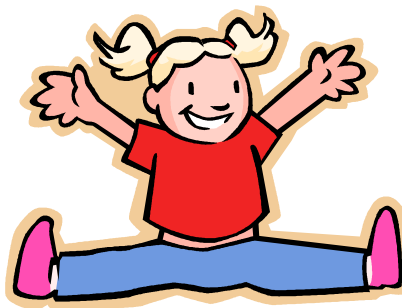
#### Step 12

Roll each ankle gently, keeping the balls of your feet on the floor, but lifting your heels with every roll. Do clockwise a few times, then reverse to counterclockwise.

#### Cardio Routine

While seated, pump both arms over your head for 30 seconds, then rapidly tap your feet on the floor, football-drill style, for 30 seconds. Repeat 3-5 times. Do this twice during the day.

Each hour stand and hop in place for 30 seconds. Follow the hopping with 15 squats. Do this series 3 times. It will take about 3 and a half minutes per hour.



**Jump for Joy!**

**You have just made a good investment in yourself!**