



Feel the (desk) burn

Description

Healthy Lifestyle Awareness Day on 15 February is an opportunity to show your body some love and respect by giving it the exercise it needs – even if you're stuck behind a desk.

This whole-body workout is designed to be done in a small space and can help energise you throughout the day!

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It's time deskerc

Seated leg lifts

- Sit upright in your chair and extend one leg out straight
- Hold for a few seconds and then lower it back down
- Repeat with the other leg

Aim for 10-15 reps on each leg

Desk push-ups

- Stand a short distance from your desk
- Put your hands on the desk, shoulder-width apart
- Lower your chest towards the desk and push back to starting position

Category

1. Our Wellness

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