

## 10 Best Office Exercises to Stay In Shape at Work

[Devi Gajendran](#) [Exercises](#)

Throughout the history of human civilization, work has been a demanding physical activity that required energy for execution. Cavemen had to chase down and hunt their foods and farmers had to till the land, sow the seeds and reap the harvest to produce their food. All these activities produced grit and sweat. But 21<sup>st</sup> century man is dependent on machinery for all his work and therefore life has become sedentary, with minimal physical activity which is increasing the risk of obesity and other chronic diseases such as [heart diseases](#), diabetes and hypertension. But you can still stay fit and healthy while working on your computer with these simple office exercises.



## 10 Office Exercise for the Whole Body

You might think that by avoiding workout and exercise you are saving productive time, but in reality, an inactive and sedentary work schedule actually decreases productivity and leads to serious disease that causes loss of man days. These simple office exercises can help you stay fit and help you lose weight.

## Abdominal Exercises:

Who says that you have to sit stiffly at your chair for 9 long hours of your work? These chair [exercises to lose weight](#) can help you reduce your waistline without making your look silly. These exercises target you abs and oblique muscles.



## Sitting Side Bends:

Sit at the edge of your chair holding a 1 liter water bottle with both hands. Now raise the bottle above your head keeping your hands straight. Turn your torso to the right as much as possible and hold it for 6 seconds. Come back to the starting position and twist your torso to left as far as possible, hold for 6 seconds and return to the starting position. Repeat it 6 times at a stretch. It is the best exercise to lose weight without giving much effort.



### Sitting Abs Twist:

The abs twist is an amazing exercise to lose weight while sitting at your desk. Position yourself near the edge of the chair keeping your back straight and hold the bottle horizontally with both hands near your chest, now twist your body to right as much as you can, hold it for 5 seconds and return to the starting position. Now repeat the same on the left. This makes one repetition. Repeat it 5 to 6 times at a stretch.



## Wrist and Arm Exercises:

Too much typing and paperwork making your arms and wrists stiff? Try out these easy wrist and arms exercises that will help in increasing flexibility and also help in [reducing arm fat](#) by toning the arms.

### Palm Stretch:

This exercise can be performed either sitting or standing. Sit straight with your arms extended in front of you and palms facing up, now hold top of your right palm with your left hand and pull the fingers inward. Hold it for 30 seconds and release. Repeat it with the other arm. This makes one repetition. Repeat it 5 to 6 times at a stretch to relieve stiffness of the fingers and wrist.



### Forearm Press:

Sit straight and join your palms in front of your chest with elbows up and parallel to the floor. Now, bend your wrist to the left and feel the pressure in your forearms. Hold it for 10 seconds and bend your wrist right, hold for 10 seconds and return to the starting position. This makes one repetition, Repeat it 10 times at a stretch to relax and loosen your arms and shoulders.



## Lower Body and Back Exercises:

Long hours of desk work can make your back and legs stiff. Try these easy to do desk exercises that can help you relax and [tone your back and leg muscles](#) without shedding much sweat.

### Sitting Squats:

Stand in front of your chair and lower your body to a squat position by keeping your legs hips width apart and bending your knees, with arms raised straight in front. Hover over the chair for 10 seconds and return to a standing position. Repeat it 8 to 10 times at a stretch to stretch your back and tone your abs and glutes.



### Chair Dips:

Make sure that your chair is steady and strong enough before doing the chair dips. Come to the edge of the chair and lower your body from the chair by bending your knees and taking the support of your arms by holding the edge of the chair, now, push yourself up and again lower your body. Repeat these movements in quick succession for 20 to 30 seconds at a stretch for best results.



## Leg Exercises:

Sitting in a cubicle for long hours without any movement is extremely harmful to your leg muscles and joints. These simple exercises can help work your calf, knees and thighs in an effective manner.



## Leg Raise:

Sit on a chair with your backbone straight and feet on the floor. Now raise one leg to the level of the hips while keeping your abdominal muscles engaged, hold it for 6 seconds and then lower it. Repeat the same with the other leg. This completes one repetition. Repeat the move with both legs alternately, 5 to 6 times at a stretch.

## Ankle Rotation:

Sit with your back straight and feet placed on the floor. Now raise your right leg up straight and point your toes towards the ceiling and then point them downward, repeat this movement in quick succession for 30 seconds. Now make circles in clockwise and anti-clockwise direction with your foot. Repeat the same movement with the other foot and feel the stretch and relaxation in your calf and leg muscles.



## Neck Exercises:

The pressure of desk work is felt the most by our neck and shoulder muscles, and it is important to take proper care of the neck to avoid spondylitis and neck pain. These simple [exercises to relieve neck pain](#) can help in treating stiffness of the neck and shoulder.

### Side Stretch:

The side stretch is a simple neck exercise that helps in relieving the stiffness caused by hours of working on the computer. Sit straight with your shoulders relaxed. Now, bend your head towards your left shoulder and hold the position for 5 seconds. Return to the initial position and bend your head towards your right shoulder, hold the position for 5 seconds and return to the starting position. This completes one repetition. Repeat this movement 6 to 8 times at a stretch.

### Shoulder Shrug:

Sit on your chair with your neck and shoulder relaxed. Now, lift your shoulders towards your ear as much as you can. Feel the pressure built in your neck and shoulder muscles. Hold it for 5 seconds and drop. Repeat it 6 to 8 times at a stretch and feel your muscles loosen and relax.





## 7 Tips to Stay Active at Work:

These exercises along with these easy tips can help you beat the bulge and stay healthy even in your hectic work schedule.

- Avoid elevators and take stairs instead.
- Park your car as far from your office entrance as possible so that you can take a small walk while getting to it.
- Take a 10 minutes' walk after finishing your lunch to beat lethargy.
- Get up from your chair and move around the office every two hours.
- Don't forget to drink 8 to 10 glasses of water even when you are working.
- Stay away from unhealthy finger foods and carry healthy snacks to work.
- Try to practice good posture while sitting at your chair to prevent stiffness of neck, shoulders and back.

Now, staying in shape is not a challenge if you plan out your day and include these simple and easy to do exercises in your work schedule that you can do while sitting at your desk.

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