

If you sit for more than  
5 hours a day,  
this is for you



## Oblique twists (this one's fun!)

Hold on to the edge of your desk. Sit upright & lift both feet above the floor. Use your core to swivel the chair from side to side. Go back and forth 15x in each direction.



## Seated leg raises

Sit upright, straighten your left leg & lift it up until it's parallel to the floor.

Hold it for 10 seconds & do the same with your right leg.

Repeat 15x for both legs.



## Bent-knee stretch

Lean back in the chair, hug one knee at a time, pulling it toward your chest. Hold it for 2-3 deep breaths & gently lower it back to the floor.

Repeat with the other knee.



## Seated calf raises

Rest your hands on both knees while keeping both feet on the floor. Raise your heels off the floor until you feel pressure on your calf muscles.

Slowly lower heels back to the floor. Repeat this 20x to 30x.



## Neck roll

Relax, lean your head forward & slowly roll your head in a circle on one side for 10 seconds.

Repeat on the other side.  
Do this 3x in each direction.



## Triceps stretch

Raise one arm, bend it so that your hand reaches to touch the opposite shoulder blade.

Use your other hand & pull the elbow toward your head. Hold for 2-3 deep breaths & repeat on the other side.



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