

# NBSIA Member Services Safety Bulletin

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## SIMPLE WORKPLACE EXERCISES

**Y**ou've heard it before—exercise and movement help to stimulate blood circulation, which in turn helps you stay alert and focused.

Here are a few workplace exercises that you can do right at your desk! No special shoes, clothes or equipment needed. Just take a few moments a day to refocus your mind and refresh yourself.



### Chair Dips

Chair dips exercise the triceps on the back of your upper arm. (*This should only be done on chairs without wheels, or chairs that have locked wheels.*) Begin by placing your palms on your

armrests, and push yourself up out of your chair. Use your legs to help offset the resistance. Perform 15 repetitions. Do one set to start, then gradually work up to two or three sets of 15 repetitions as you become more fit.

### Desk Push-Ups

From a standing position, do a modified "desk push-up." This will work your triceps, along with your chest and shoulders. Put your arms on the edge of the desk and then walk your feet back until your body is straight. Lower yourself toward the desk so that your chest nearly touches it. Push back up until your arms are straight. Don't do too many to start, or you'll be sore for days! Try one set of 15 repetitions and see how you feel the next day.

### Calf Raises

While standing in the copier room waiting for 200 double-sided sheets to print, try some calf raises. All you have to do is lift yourself up onto your toes. Repeat 15 times. Take a breather and repeat.

### Arm Curls

Doing arm curls will help strengthen your biceps muscles. You can use a full water bottle as a



weight, or even a book. Perform the curl with your elbow close to your side.

### Chair Squats

For the legs and hips, try a basic squat movement. It's as simple as going from the standing to seated position and repeating this movement for 15 repetitions. Keep your feet about shoulder width apart, and lower yourself to no less than 90 degrees at the knee. You may have to adjust your seat height accordingly.



### Hip Flexion

While sitting tall, lift your left foot off the floor a few inches, knee bent. Hold for two seconds, lower and repeat for ten reps. Repeat with the right leg.

### Leg Extension

This will stretch your quadriceps muscles. Still tall and fully extend your left leg until it's level with your hips. Hold for two seconds, lower and continue for ten repetitions. Repeat with the right leg.



### Source

Sukala, William. "Ask the Personal Trainer: 5 Office Workout Tips." *Weight Watchers*. Weight Watchers, n.d. Web. 6 Sep 2012. <[http://www.weightwatchers.com/util/art/index\\_art.aspx?tabnum=1&art\\_id=7001&sc=128](http://www.weightwatchers.com/util/art/index_art.aspx?tabnum=1&art_id=7001&sc=128)>.

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