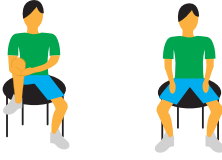


Worksite Wellness

Get fit at your worksite with these exercises for beginner, intermediate, and advanced levels.

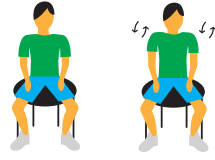


NYC Parks



Seated Knee to Chest Stretch 20 seconds

Sit on the edge of a chair with your feet flat on the floor. Lift your knee to your chest and hold for 10 seconds. Repeat with the other leg.



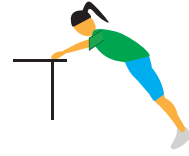
Shoulder Rotations 20 seconds

Sit with your feet flat on the floor and your back straight. Place your hands on your thighs and rotate your shoulders in a circle. Switch directions after 10 seconds.



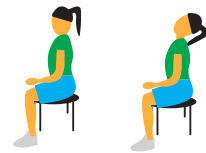
Cross Body Stretch 20 seconds

Stretch your right arm out in front of your body. Place your left hand under your right elbow and pull your arm in toward your chest. Hold for 10 seconds, then switch arms.



Desk Plank 30 seconds

Stand in front of or beside your desk. Place your hands on the desk with straight arms. Walk your feet away from the desk until your back is straight and flat. Hold for 30 seconds.



Cat Stretch 20 seconds

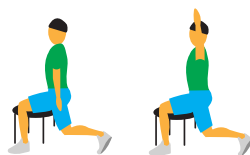
Sit with your feet flat on the floor and your hands on your thighs. Arch your back so that your belly button shifts forward.



Tricep Stretch

20 seconds

Raise your right arm above your head and bend your elbow so your hand is behind your neck. Place your left hand on your right elbow and apply pressure to get a good stretch. Repeat with other arm.



Chair Warrior I

20 seconds

Sit sideways on your chair with your right leg on the inside. Extend your left leg behind you, keeping the inside of your foot on the ground. Lift your hands above your head with palms facing inward and hold. Switch sides.



Seated Side Stretch

20 seconds

Sit on the edge of your chair with your feet flat on the floor and your back straight. Raise your left arm over your head and lean to the right until you feel a stretch in your left side. Hold for five seconds, then repeat on other side. Continue alternating sides for 20 seconds.



Forward Bend

20 seconds

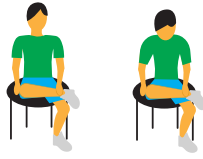
Sit with your feet flat on the floor. Bend over and let your hands fall to the ground near your feet.



Nodding Head Stretch

20 seconds

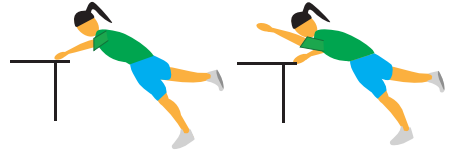
Sit with your feet on the floor and your hands on your thighs. Tilt your head backward until you are looking at the ceiling, then look down toward the floor. You can also try touching your ear to your shoulder without lifting your shoulders.



Hip Opener Stretch

20 seconds

Sit on the edge of your seat. With your left foot flat on the ground cross your right foot by placing your right ankle on your left thigh. Bend toward the bent leg and hold for 10 seconds. Repeat with other leg.



Desk Plank

30 seconds

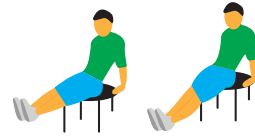
Place hands on desk with straight arms. Walk your feet away from the desk until your back is straight and flat. Lift right leg and left arm. Hold for 30 seconds, then switch sides.



Knee to Elbow Crunches

Two sets of 10 repetitions

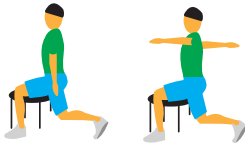
Place your feet flat on the floor with hands behind your head. Twist your body and lift your knee to touch the opposite elbow. Alternate sides 10 times, then rest and repeat.



Seated Leg Raises

Two sets of 10 repetitions

Sit toward the edge of your chair and hold onto its sides. Lift straight legs until they are parallel with the floor. Lower slowly without touching the ground and repeat.



Chair Warrior II

20 seconds

Sit sideways on your chair with your right leg on the inside. Extend your right leg forward, stretch your right arm in front of you and your left arm behind you. Switch sides so your left leg is in front and your left arm is in front.