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## Physioex 9.0 exercise 1

Exercise is a key component to have a long and healthy life. See how your body responds to exercise and discover specific exercises for different areas of the body. Page 2 Absolutely love your work! It's interesting, rewarding and inspiring. It could also be dangerous to your health. Office spaces are set to require little movement, making it easy to gain weight. Before you knew it, you added 50 pounds (22.6 kilograms) on the frame. In addition to gaining weight, desk work also increases effort on the back, wrists, eyes and neck and can result in a general loss of muscle tone. Stress is another disadvantage of office work. A Yale University survey shows that 29% of workers feel a little or extremely stressed at work. [source: CDC]. This can lead to depression, cardiovascular disease, lack of energy and other health problems. To combat the adverse effects of routine 9 to 5, it is important to practice. But when can you find the time? Workplace workouts can help you make the most of your limited hours. With a little creativity, you can take advantage of the few minutes you have between pending deadlines and learn how to practice while working. For the benefit of your company, squeezing in a small exercise improves concentration and actually makes you more productive. But in case others aren't convinced (or don't want to shine), here are some exercises you can do secretly. Content The department start meeting is a great way to prepare for your workday. It's also a great time to prepare your muscles for your office workout with some traits. Stretch from the head to the fingers of the two, starting with the neck. Advertising Slowly tilts its head towards the shoulder. Hold for ten seconds. Alternative sides. Then loosen your shoulders to get rid of the pain, increase flexibility and add strength. Roll both shoulders forward in a circular motion. Roll both shoulders backwards in a circular motion. Repeat ten times. Stretch your wrists to get ready for computer work. Stretch your arm with your palm down. With the other hand, lower your fingers. Press and hold for three seconds. Then pull your fingers up. Press and hold for three seconds. Repeat, alternating three times. Relieves the tired, lethargic feeling you put in your legs with stretches of ankle and calf. Keep one foot off the floor with your leg straight. Flex your ankle by pointing your toes. Stretch your ankle by pointing your toes down. Do ten times and repeat with the other leg. Then, draw a circle with your toes, moving a foot clockwise and then counterclockwise. Change your foot. The spent watching copies spit out of the copy machine can be quite unproductive. Take advantage of these precious minutes with some toning and leg strengthening exercises. With leg lifts and swings you use the leg muscles you are moving and also use the weight of your body to strengthen the leg you are on for support. It's better to on the copier for balancing. If you hear someone approaching, you can stop quickly. Advertising Lift a leg on the back or side, keeping it straight. Lower it slowly. Change sides. In the same position, bend your right knee. Swing leg back and forth for 30 seconds. Repeat with your left leg. Buttock kicks and calf lifts will lengthen the tendons and calves. Being with a straight leg. Try kicking your buttocks with the heel of the other leg. Repeat ten times with each leg. Then, lift your heels off the floor. Lower them slowly. Repeat ten times. Your colleagues will see you read yesterday's meeting report carefully, but they won't see you strengthen your abs and relieve tired leg muscles. Start with flat feet on the floor. Sit high at your desk. Keep your abdominal muscles tight. Stretch a leg until it is leveled with the hip. Hold for ten seconds. Slowly the lower leg. Repeat 15 times. Change legs. Chair squats are an effective body strengthening exercise. Sneak in a little bit every time you get out of your chair and sit down. Advertising Stand high. Stay straight back. Lowered to an inch of chair, pretending to be seated. Hold for ten seconds. Lift back up to the standing position. You don't need a resistance band to get a great leg twist. With your legs straight, cross one over the other. Lift them off the floor. Press the top of the leg down and hold out with your lower leg. Do as long as the muscles are tired. Repeat with opposite legs at the top and bottom. It's good that your career is seen in the office. These aerobic exercises will help you keep your weight and profile low. To keep your projects and body moving, visit colleagues instead of emailing them. Drink plenty of water. Research suggests that drinking water can help in your weight loss efforts [source: Jampolis]. Plus, the more you travel to the bathroom, the more calories you'll burn. To increase the number of calories, visit a bathroom farther from your desk. You may also come across some new people along the way. Always walk fast without running. It will make your heart beat faster and make you look like you have an important place to stay. Take the stairs whenever possible instead of the elevator. For better training, take steps two at a time. Advertising Replace your office chair with an abdominal tone and strengthening training ball throughout the day. Sitting on a training ball forces you to use your abs to hold you in place. Improves balance, tones core muscles and takes away stress lower back. Some people even find that it concentrates their concentration. Sit on the ball and find your balance. Get the navel out. Pull your back (without slouching). Place your hip-width feet apart. Sitting on a training ball is not easy. You could try at home first to see how long you can last. Advertising While you're helping your business increase its profits, you can lift his own. Try these exercises to tighten and strengthen your buttock muscles and relieve back pain. Lift a buttock and almost out of the chair. Perform with a rocking motion from side to side for 30 seconds. Then, squeeze the buttock muscles. Hold for ten seconds. Release. Although originally intended for dancers, arabesque circle exercises performed while talking on the phone can be an effective gluteal toner and knee tendon. This is best done if you have a private office. Advertising Stand with your feet shoulder width aside. Move the weight to the left leg. Lift your right leg behind you. Cling to your desk or chair for balance. Slowly circle your left leg clockwise 25 times and counterclockwise 25 times. Change legs. Who needs weights? A complete water bottle is a great substitute for a handlebar. If someone interrupts, you can just have a drink. Start with bicep curls to tone and strengthen your arms. Sit tall with your abs pulled. Hold the water bottle in your right hand and curl it towards your shoulder. Repeat 15 times. Change your arms. You can also use your own water bottle to do front arm lifting and overhead presses. Advertising Keep the water bottle in your right hand. Bend your elbow. Extend your arm over your head. Repeat the other side. Water bottle shots are a great way to work your waistline. Keep the water bottle at chest level. Turn right as far as possible. Go back to the center. Turn left. Repeat 10 times. Just because you're stationary during meetings doesn't mean you can't practice. You can use the conference room table to perform a variety of toning and strengthening exercises. First try to lift the table. Put your hand under the table. Press against the table. Continue until the muscles are tired. Do this one hand at a time or both together. Then, push the table into the floor. Advertising Put your hand on the table, palm down. Press as hard as you can. Stop when your muscles are tired. You can do it one hand at a time or both together if it looks more natural. Using a shrug when answering, I don't know allows you to work in this exercise. Raise the top of your shoulders to your ears. Hold for three or five seconds. Relax. You will appear attentive, while exercising your whole body with this move. Sit on the edge of your chair. Press on the table with both hands. At the same time raise your legs as high as possible. Isometric exercises are also sometimes known as static strength training. Without any visible movement these exercises can be performed unnoticed. If you spend a lot of time on your computer, handshakes will offer some relief to your fingers. You can do it with or without a stress ball. Ads Punch. Squeeze-Hold and release. Stretch your fingers. Repeat ten times Strengthen calves and ankles as you read, listen to a web cast, or talk on the phone. Get up and hold on to your chair. Rest your left foot on the back of the right right on your toes. Hold for 20-30 seconds. Repeat three times. Change legs. Kegel exercises help prevent or control urinary incontinence by strengthening pelvic floor muscles. You can perform them discreetly while performing any routine task. Contract the pelvic floor muscles. Hold for five seconds. Relax.Repeat five times, three times a day. You can use this technique of compression, tightness and release to strengthen almost all muscles. Sometimes the best way to burn calories is not to exercise at all. Below are some non-exercise ways to lose some weight. Get up when you can. You'll burn more calories than sitting, 50 more per hour for a 155-pound person [source: Platin]. Fidgeting can burn 350 more calories a day. Quickly touching your feet, talking with your hands, and chewing gum, everyone counts. While calorie burn for each movement is minimal, restlessness could lead to a loss of up to 36 pounds (16.3 kilograms) per year [source: Platin]. Good posture is an effective measure of strengthening the nucleus. It requires using muscles to keep your belly tight and your back straight. Do it all the time to build abdominal strength, relieve back pain and help you feel safer. Deep breathing helps you relax and lowers your heart rate. Breathe through your nose and out through your mouth. You laugh a lot. It tightens the muscles of the stomach, exercises the diaphragm, works the heart, relieves stress and gives you a better view of life. By making exercise part of your daily work routine, you'll be healthier, happier, and more productive. But let's keep it our little secret. Is exercise at work widely accepted? Visit Discovery Fit & Health to find out if exercise at work is widely accepted. Back exercise and Relief.com. Laughter therapy. (March 15, 2011) Exercise Fitness For Life. Reduce stress when exercising Office. (March 15, 2011) Thursday. 20 exercises you can do at (or near) your desk. Stepcase LifeHack. 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