



- It's good to get up from your desk every hour - good for body and mind - set your alarm
- Little and often is the winner – once an hour, for 60 seconds
- Exercise is king - integrating daily wins adds up to keeping motivated and positive throughout the day.

Bodyweight exercises

- 1) [Press up \(can do on knees also\)](#)
- 2) [Squat](#)
- 3) [Desk dip](#)
- 4) [Lunges](#)
- 5) [Hip bridge \(can do single or double leg\)](#)

Stretches

- 1) [Neck stretch](#)
- 2) [Lower back stretch](#)
- 3) [Mid back stretch / gluts rotations](#)
- 4) [Chest stretch](#)
- 5) [Calf stretch](#)

With a band

- 1) [Reverse flies](#)
- 2) [Bicep curls](#)