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Exercise is a key component to have a long and healthy life. Look at how your body responds to exercise and learn about specific exercises for different areas of the body. Page 2 You absolutely love your job! It's interesting, rewarding and challenging. It could also be dangerous to your health. Office spaces are configured to require a little movement, making it easy to gain weight. Before you know it, you added 50 pounds (22.6 kilograms) per frame. Besides weight gain, office work also increases the strain on the back, wrists, eyes and neck, and can lead to an overall loss of muscle tone. Stress is another disadvantage of office work. A survey by Yale University shows that 29 percent of workers feel quite a bit or extremely stressed at work. [source: CDC]. This can lead to depression, cardiovascular disease, a lack of energy and other health problems. To combat the adverse effects of the 9-to-5 routine, it is important to exercise. But when can you find time? Workouts at work can help you make the most of your limited hours. With a bit of creativity, you can take advantage of the few minutes you have between pending deadlines and learn to exercise while you work. For the benefit of your company, squeezing in a small exercise improves concentration and actually makes you more productive. But just in case others are not convinced (or do not want to be visible), here are some exercises you can do in secret. Contents The department's start-up meeting is a great way to prepare for your workday. It's also a great time to get your muscles ready for office workout with some stretch. Lie from head to head, starting with your neck. Advertising Slowly tilt my head towards the shoulder. Wait ten seconds. Alternative parts. Then loosen the shoulders to get rid of pain, increase flexibility and add strength. Roll both shoulders forward in a circular motion. Roll both shoulders back in a circular motion. Repeat ten times. Stretch your wrists to prepare for computer work. Stretch your arm with your palm down. With your other hand, pull your fingers down. Hold for three seconds. Then pull your fingers. Hold for three seconds. Repeat, alternating three times. It relieves the feeling of tiredness and lethargicness that you have on your feet with your ankle and calf outstretched. Keep a foot off the floor with your right foot. Flex your ankle pointing your toes up. Extend your ankle by pointing your toes down. Do it ten times and repeat with the other leg. Then draw a circle with your toes, move one foot clockwise then counterclockwise. Change legs. Time spent watching kids spit out the copier can be quite unproductive. Make use of these precious minutes with some foot toning and strengthening exercises. With foot lifts and swings use the muscles in your leg you are moving and also use your body weight to strengthen the leg on which you are standing for support. It is best to on the balance copier. If you hear someone approaching, you can stop quickly. Advertising Raise one foot in the back or side, keeping it straight. Slowly descend. Change sides. In the same position, bend your right knee. Swing your leg back and for 30 seconds. Repeat with your left foot. Glute blows and calf lifts will stretch hamstrings and calves. Stay with one right foot. Try to kick the buttocks with the heel of the other foot. Repeat ten times with each leg. Then lift the heels off the floor. Lower them slowly. Repeat ten times. Your colleagues will see you carefully reading the report from yesterday's meeting, but they won't see you strengthening your abdomen and relieving the muscles of your tired legs. Start with your feet flat on the floor. You're standing tall at the desk. Keep your abdominal muscles tight. Extend a leg until it is level with the hip. Wait ten seconds. Slowly the lower leg. Repeat 15 times. Change your legs. Chair squats are an effective body strengthening exercise. Squeeze a few every time you get up from your chair and sit down. Advertisement Stand High. Stand up straight. Down an inch from the chair, pretending to sit down. Wait ten seconds. Stand back in your standing position. You don't need a resistance band to get a big leg toning. With your feet straight, cross over each other. Get them off the floor. Press the foot from top to bottom and resist with the bottom foot. Do it until the muscles are tired. Repeat with opposite legs from the top and bottom. It's good for your career to be seen around the office. These aerobic exercises will help to keep your weight down and your profile high. To keep your projects and your body moving, visit your colleagues instead of emailing them. Drink plenty of water. Research suggests that drinking water may help weight loss efforts [source: Jampolis]. Plus, the more trips to the toilet, the more calories you'll burn. To increase the number of calories, visit a toilet further from the office. You might also run into some new people along the way. You always go fast without running. It'll make your heart beat faster and it'll look like you have an important place. Take the stairs whenever possible instead of the elevator. For a better workout, take steps two at a time. Advertising Replace the desk chair with an exercise for toning and strengthening the abdomen throughout the day. Sitting on an exercise forces you to use abs to keep you in position. It improves balance, tones the core muscles and takes stress off the lower back. Some people even find that they focus their focus. Sit on and find your balance. Pull your belly button in. Pull your shoulders back slouching). Place your feet wide hip apart. Sitting on a workout isn't easy. You might want to try it at home first to see how long you can last. Advertising While helping your company increase its outcome, you can pick up yours. Try these exercises to tighten and strengthen the gluteus muscles, as well as relieve back pain. Lift a glute up and close from the chair. Perform in a lateral rocking motion for 30 seconds. Then tighten your gluteus muscles. Wait ten seconds. Release. Although originally intended for dancers, arabesque circle exercises performed while talking on the phone can be an effective glute and toner hamstring. This is best performed if you have a private office. Advertising Stand with feet shoulder-width apart. Change the weight on your left leg. Put your right foot behind you. Hold your desk or chair for balance. Slowly circle your left leg clockwise 25 times and counterclockwise 25 times. Change legs. Who needs weights? A full bottle of water makes an excellent substitute for a halt. If someone interrupts, you can simply take a drink. Start with biceps curls to tone and strengthen your arms. You're standing tall with your abdomen pulled in. Hold the water bottle in your right hand and twist it towards your shoulder. Repeat 15 times. Change arms. You can also use the water bottle to make the front arm lifts and aerial presses. Advertising Hold the water bottle in your right hand. Bend the elbow. Stretch your arm above your head. Repeat on the other side. Twisting the water bottle is a great way to work your waistline. Hold the water bottle at chest level. Turn right as much as you can. Turn back to the center. Turn left. Repeat 10 times. Just because you're standing still during meetings doesn't mean you can't exercise. You can use the conference room table to do a variety of toning and strengthening exercises. First try to raise the table. Put your hand under the table. Press 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 down as hard as you can. Stop when your muscles are tired. You can do this one hand at a time or both together if it seems more natural. Using a shoulder shrug when answering, I don't know allows you to work in this exercise. Raise the top of your shoulders to your ears. Wait three to five seconds. Relax. You will seem attentive, while you exert your whole body with this movement. Sit on the edge of the chair. Press the table with both hands. At the same time, raise your legs as high as you can. Isometric exercises are also sometimes known as static strength training. Without visible movement of the joint, these exercises can be performed unnoticed. If you spend plenty of time on your computer, your handshake will provide some relief to your fingers. You can do these with or without a stress. Advertising Makes a punch. Squeeze.Hold and release. Stretch your fingers. Repeat ten times Strengthen calves and ankles while reading, listening to a web cast or talking on the phone. Get up and hold on to the chair. Rest your left leg on the back of your right. right. on your toes. Hold for 20-30 seconds. Repeat three times. Change your legs. Kegel exercises help prevent or control urinary incontinence by strengthening the pelvic floor muscles. You can do them discreetly while performing any routine task. Contract your pelvic floor muscles. Wait five seconds. Relax.repeat five times, three times a day. You can use this squeeze, hold and release technique to strengthen just about any muscle. Sometimes the best way to burn calories is not by exercising at all. Following are a few non-exercise ways to shed some weight. Stay as long as you can. You'll burn more calories than sitting, as many as 50 an hour more for a person of 155 pounds [source: Platkin]. Fidgeting can burn an extra 350 calories a day. Touching your feet quickly, speaking with your hands, and chewing gum, it all mattered. While burning calories for every move is minimal, fidgeting could add up to a loss of up to 36 pounds (16.3 kilograms) per year [source: Platkin]. A good posture is an effective measure of strengthening the core. It takes you to use your muscles to keep your tummy tight and your back straight. Do it continuously to build abdominal strength, alleviate lower back pain and help you feel more confident. Deep breathing helps you relax and lowers your heart rate. Breathe through your nose and mouth. You laugh a often. Tighten the muscles of the stomach, exercise its diaphragm, work with the heart, relieve stress and give you a better perspective on life. By doing exercises to be part of your daily work routine, you will be healthier, happier and more productive. But let's keep our little secret. Is exercise at work widely accepted? Visit Discovery Fit & Health to find out if workplace exercise is widely accepted. Exercise back and Relief.com pain. Laughter therapy. 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