

Why Not Burn Some Calories at Your Desk?

If you spend your days at work sitting at your desk, the thought of burning extra calories may have never entered your mind. If you are doing your best to set aside time for physical activity either before or after work, good for you, but why not workout while you're at work? Because, sitting at your desk all day can make your body stagnate, and you are less likely to burn calories and more likely to put on weight. Phoenix Physical Therapy wants to encourage you to get off your chair and do some of the exercises and suggestions listed below. Your body will thank you for it!

STAND

A great way to burn calories while at your desk is to stand. Stand while chatting on the phone, or try to use a high counter for your laptop or computer.

GRAB A FITNESS BALL

If you sit on a fitness ball instead of your chair, you will tone your core muscles as well as burn more calories to stay balanced on top of the ball. For additional exercise, do some crunches while balancing on the ball.

COMPLETE EXERCISES AT YOUR DESK

Do simple exercises at your desk.

- ◆ Core Exercises: Draw your belly button into your spine and hold for a count of 10, relax and repeat 10 times.
- ◆ Glute Sets: Tighten your bottom and hold for a count of 10, relax and repeat 10 times.
- ◆ Calf Raises: While seated, lift your heels, hold and lower, repeat 10 times.
- ◆ Scapular (Shoulder)Retractions: Squeeze your shoulder blades together, hold for a count of 10, relax and repeat 10 times.

These exercises are great for airplane trips, sitting in a waiting room or just watching TV too.

CONDUCT MEETINGS ON THE GO

When it's practical, schedule walking meetings or walking brainstorming sessions. Do laps inside your building or, if the weather cooperates, take your walking meeting outdoors.

TREADMILL DESK

If you can safely position your work surface above a treadmill, with computer screen on a stand, a keyboard on a table or a specialized treadmill-ready vertical desk, you might be able to walk while you work. In fact, Mayo Clinic researchers estimate that overweight office workers who replace sitting computer time with walking computer time by two to three hours a day could lose 44 to 66 pounds in a year.

MAKE THE MOST OF YOUR COMMUTE

Walk or bike to work. If it is too far of a commute to walk or bike to work, park farther away in the parking lot or park in a neighboring lot. Also, remember to take the stairs whenever possible.

STRETCH!

One of the easiest things you can do in your chair is to pause for a stretch. Reach hands above your head, clasp hands behind your back or do neck rolls. If you have the room, try some simple yoga poses in your office chair.

