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QUICK & EASY OFFICE EXERCISES

TAUGHT BY: LESLEE BLANCH, RD, LD
FAMILY CONSUMER SCIENCE ASSOCIATE EXTENSION EDUCATOR
**SQUATS**

- Stand behind chair with feet hip-width apart, hands on chair
- Slowly “sit” to a count of 3
- Slowly rise to a count of 3
- Repeat 5-10 times

*VARIATIONS:*

1. Add knee lifts as returning to standing
2. Add side leg lift as returning to standing
3. Remain in “seated” position and pulse x4

**SEATED LEG LIFTS**

- Sit upright in chair
- Straighten one leg until parallel with floor, holding for a count of 4
- Lower and repeat with other leg
- Repeat 5-10 times each leg

**SEATED CRUNCHES**

- Sit on edge of chair, leaning back so that shoulder blades touch top of chair
- Lift both knees toward chest while bringing shoulders and head toward the knees
- Repeat 5-10 times

*VARIATION:*
Alternate knee lifts with crunches

**CALF RAISES**

- Stand behind chair with feet hip-width apart, hands on chair
- Slowly lift and lower heels
- Repeat 5-10 times

*VARIATIONS:*

1. Hold heel lifts 4-10 counts; lower and repeat 5-6 times
2. Balance on one foot; lift and lower 5-10 times; repeat other leg

**ABDOMINAL/GLUTE SQUEEZE**

- Sitting in an upright position, pull bellybutton toward spine
- Squeeze glutes (buttocks muscles) together and hold for a count of 10; repeat 5 times

**REMEMBER:**
Stretch Often!