

Prolonged sitting time doesn't have to be a *desk sentence*. Physical activity plays a major role in reducing cancer risk. **So, let's get moving – NOW!** Here's a plan to get 15-20 minutes of deskside fitness into each workday.

8:00 AM – MORNING MUSCLE MOVERS

ARM CIRCLES

20 circles backwards and forwards; flex wrists and repeat 20x.



1-MINUTE CHAIR TWIST

Sit on chair edge; press opposite arm to knee. Hold for 30 seconds and reverse.



HIP OPENER

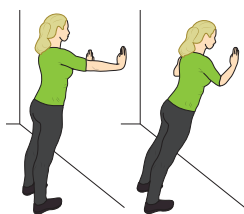
Cross ankle over opposite knee with a flexed foot. Hold for 1 minute and reverse.



10:00 AM – MID-MORNING WALL PUSHERS

WALL PUSH UPS

With arms shoulder-width apart, elbows in; nose to wall and repeat 20x.



1-MINUTE WALL SIT

Keep knees over ankles; hold for 1 minute.



CALF RAISES

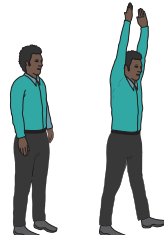
With feet hip-distance apart, lift to tip toes 20x.



12:00 PM – LUNCHTIME LEG BUILDERS

HALF JACKS

Half jumping jacks or modify with leg lifts - 20x.



SQUATS

With feet hip-distance apart, sit down in an imaginary chair; repeat 20x.



CHEST SQUEEZE

Goalpost arms, bring elbows together in front of your nose, then open. Repeat 20x.



2:00 PM – AFTERNOON BACK TENSION RELIEVERS

FORWARD BEND

Using chair for stability, make a 90 degree angle with your body - hold for 10 seconds.



SEATED SIDE ANGLE

Reach your left arm to your right ankle while reaching other arm to ceiling; keep eyes straight ahead. Hold for 10 seconds and reverse.



CHAIR WARRIOR

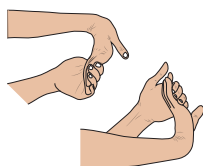
Lunge forward, stretching arm to ceiling. Hold for 30 seconds and reverse.



4:00 PM – END OF DAY REFLECTION STRETCHES

WRIST FLEX

Extend left arm forward, fingers down and pull back gently with right hand. Hold for 10 seconds, then switch hands.



SEATED CAT/COW

Sitting on the edge of the chair, tilt hips back and drop your chin to your chest. Then tilt hips back and drop your head forward. Repeat 10x.



THE STAPLER

Raise arms to ceiling, extend to side, then move to front. Repeat 20x.

