

Movement as Medicine Office Workout

For many people who work in busy office environments, incorporating mindful movement into everyday routines can be a challenge. Many smartphone and desktop applications available on the market can help you set reminders to move during the day.

If a written schedule is more appealing, you can incorporate the following schedule into your work routine every day. This schedule will provide you with various types of movement throughout the work week, and can be customized for your desired level of activity. (Note some of the exercises below require an exercise or resistance band.)

Visit www.functionalfix.org to view short demonstrations of proper and safe techniques on all of these exercises. Invite your co-workers to join you and change office culture. A free downloadable version of this handout is available there for them to get things moving along!

Day of the week	8-9 am Exercise	9-10 am Exercise	10-11 am Exercise	11-12 am Exercise	12-1 pm Exercise	1-2 pm Exercise	2-3 pm Exercise	3-4 pm Exercise
Monday	Chair stand-up sit-downs (5-20 reps)	Desk push-ups (5-20 reps)	Standing bicep curls w/band (5-20 reps)	Shoulder and neck stretch (1 min)	Walk (5-10 min)	Balance on one leg; alternate legs (5-20 sec)	Chair dips (5-20 reps)	Chest and back stretch (1 min)
Tuesday	Wall squat (10 sec-1 min)	Band chest press (5-20 sec)	Seated alternating shoulder press w/band (5-20 reps)	Hip stretch (1 min)	Walk (5-10 min)	Calf raises (5-20 reps)	Seated triceps kickbacks (5-20 reps)	Calf stretch and ankle rotation (1 min)
Wednesday	Seated leg extensions; alternate legs (8 to 20 reps each, leg)	Desk push-ups (5 to 20 reps)	Standing biceps curls w/band (5-20 reps, each arm)	Side body stretch (1 min)	Walk (5-10 min)	Alternating standing knee-to-chest (6-20 reps)	Chair dips (5-20 reps)	Hamstring and quadriceps stretch (1 min)
Thursday	Standing hip abduction; alternate sides (6-20 reps)	Band chest press (5-20 reps)	Seated alternating shoulder press w/band (5-20 reps)	Hamstring + quadriceps stretch (1 min)	Walk (5-10 min)	Standing oblique side reach (6-20 reps)	Seated triceps kickbacks (5-20 reps)	Shoulder and neck stretch (1 min)
Friday	Static lunges; alternate legs (5-20 reps)	Desk push-ups (5-20 reps)	Standing biceps curls w/band (5-20 reps)	Chest and back stretch (1 min)	Walk (5-10 min)	Balancing leg extensions (5-20 sec)	Seated overhead triceps extension w/band (5-10 reps)	Deep breathing (1 min)