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**WIGGLE IT, WAGGLE IT  
JUST DON'T SIT ON IT**

Organiser



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Britain  
28<sup>th</sup> April 2017

#SITLESS #MOVEMORE

Being tied to a desk for hours on end can lead to poor posture and a loss of fitness. Why not try one of these simple stretches or exercises that you can do in the office, no need to don the lycra!

Firstly try and warm up a bit – go for a walk around the office for about 5 minutes, get some water, go to the loo, go downstairs and come back up again. Anything that will get you moving.

1. **Calf raise** - Stand next to a desk which you can use to support yourself. Slowly raise up onto your toes, pause for a second at the top and then slowly lower back down. Repeat 20 times.
2. **Chair Squats** - Stand about 6 inches in front of your chair. Without allowing the knees to go in front of your toes, push your bottom out and squat down until your bottom touches the chair, then return to standing. Repeat 20 times. (Ensure your chair is not on wheels)
3. **Thigh stretch** - Stand using a desk as support. Lift one foot behind you and hold the ankle. Keeping your knees together push your hips forward until you feel a stretch at the front of your leg. Hold for 20 seconds and repeat with the other leg.
4. **Chest squeezes** - Sit up tall in your chair. Put your palms together in front of you and push them together as hard as you can for 2 seconds, relax and repeat. Repeat 20 times.