

Sign up Today

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

Organiser



In Association With



on your  
**feet**  
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. Triceps dips - Place both hands, facing forward, on the front edge of your chair. Ease your body off of the chair and lower your bottom down towards the ground. Try and get the elbows at 90 degrees and then push back up. Repeat 10 – 15 times. (Ensure your chair is not on wheels)
2. High knee pull-ins - Sit with good posture and grasp the outside edges of your chair. Lift the knees towards the chest, extend the legs forward and then bring the knees in again. Repeat 10 – 15 times. (Ensure your chair is not on wheels)
3. Oblique bends - Sit forward on your chair, with good posture. Place the hands behind the head, elbows out to the side. Bend slowly down to the left as far as you can, and then to the right. Repeat 20 times each side. (Ensure your chair is not on wheels)
4. Back and leg stretch - Slowly lean the body forwards, taking the chest towards the legs, stopping when you have to bend the legs. Maintain the position for 15 – 20 seconds. Do not bounce or try to push the stretch further than mentioned.