

TAKE A MENTAL BREATHER

"DESK YOGA" FOR BETTER FOCUS AT WORK

RESULTS OF SITTING

The American Medical Association (AMA) reports that sitting for extended periods of time can be detrimental for one's personal health.

Research has shown that individuals who sit for long periods of time (more than half of their waking hours) have a:

112%

increase risk of diabetes

147%

increase risk of cardiovascular events

49%

increase in mortality from any cause

90%

increase risk of death caused by a cardiovascular event

EVERY 45-60 MINUTES

Standing and/or moving around for 3-5 minutes every 45-60 minutes has been a helpful tip in reducing your time sitting. You can set an alarm to remind you, stand up when talking on the phone, and/or take walking breaks.

DESK YOGA

These exercises will help you take a mental breather and make sure that your neck, back, hips, arms and wrists remain pain free and in good condition to continue productivity.



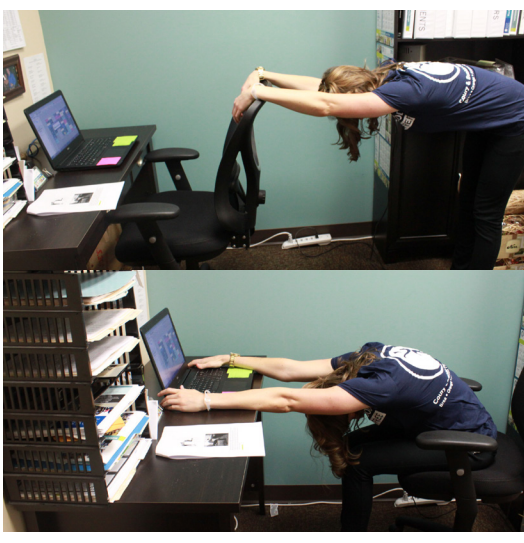
FOLD FORWARD

1. When sitting, place your legs wider than hip-distance apart. Inhale and exhale as you bend forward towards your legs.
2. Inhale and round your back, exhale and relax your entire body into your lap.
3. Drop your head between your knees for complete relaxation of your neck.
4. Hold for 5 to 8 deep breaths, then exhale when bringing your trunk back to sitting, resting posture.



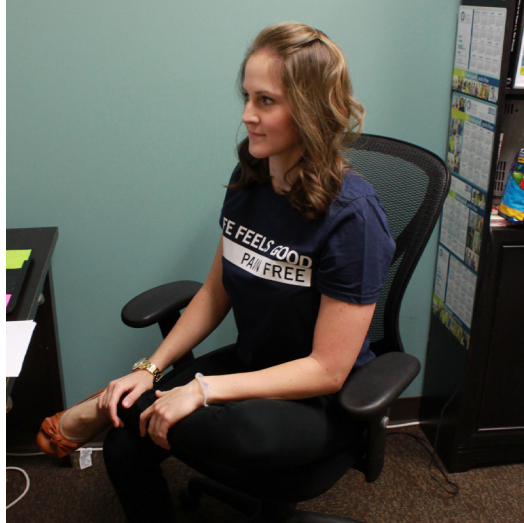
SEATED TWIST

1. Inhale and turn your shoulders to your left.
2. Use your left hand on the back of the chair to slowly deepen the twist.
3. Hold for 5 to 8 breaths, then exhale when bringing your body back to neutral position.
4. Rest and repeat to the right



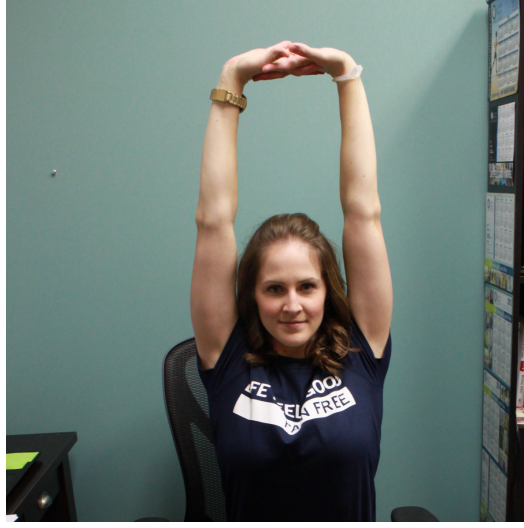
DOWNWARD FACING DOG

1. Inhale and place your palms at the edge of your desk or chair (only if chair is stable).
2. Spread your fingers part and stretch through the palm of your hands.
3. With your arms straight, walk backwards until your body is in an "L" shape.
4. With soft knees (not fully straight), deeply exhale and allow your chest yearn towards the floor.
5. Hold for 5 to 8 deep breaths, then exhale when bringing your body back to neutral, upright position.
6. May also be performed in seat position.



CHAIR PIGEON POSE

1. Inhale and place your left foot onto your right knee.
2. Exhale and let the left knee slowly lower towards the floor, opening up the left hip. Keep your back straight.
3. Slowly lean forward for a deeper stretch, if needed.
4. Hold for 5 to 8 deep breaths, then exhale when bringing your left foot off of your right knee.
5. Rest and repeat with the right leg.



SEATED MOUNTAIN

1. Inhale and lift your arms overhead; clasp your hands and rotate your palms towards the ceiling.
2. Hold for 5 to 8 deep breaths, then exhale when bring your arms slowly downward to resting position.
3. May also be performed in the standing position.



NECK STRETCH

1. Inhale and sit up tall placing your right hand under your thigh and your left hand on top of the right side of your head.
2. Exhale and gentle bring your left ear down towards your left shoulder. For a deeper stretch, gently rotate your head towards your left arm.
3. Hold for 5 to 8 deep breaths, then exhale when bringing your head back up to neutral position.
4. Rest and repeat with your right hand on top of the left side of your head.

SOURCE

<http://cbphysicaltherapy.com/take-a-mental-breather-desk-yoga-for-better-focus-at-work/>

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