

Fitness on the Job

Deskercise May be an Exercise Option

By Erin Light

If you're like most people, you jealously guard your time. Work, family, errands and recreation compete for our limited hours, and with our ever-growing "to-do" lists, we often push exercise toward the bottom of the pecking order.

But skipping out on regular physical activity can leave you missing out on some truly important health benefits. And although you might not feel like your health is lacking, being proactive is the best way to keep yourself strong and fit before the aches and pains hit.

If your days seem too busy for exercise, a great solution is to start "deskercising." Exercising at your desk is simple, and it's a great way to fit quick workouts into your daily schedule. As an added bonus, it can help combat health-related issues such as stress, back pain, headaches and lack of energy that are frequently caused by an eight-hour-plus workday.

Body moves

Any spare moment can be used to make you stronger. The next time you are checking e-mails – or yes, on a conference call – try using your chair and desk as your new office gym by doing triceps dips and chair crunches (see photos below). Other office possibilities: push-ups off your desk, lunges behind your chair and standing calf raises.

Quick equip

Keeping one piece of exercise equipment (like dumbbells or a resistance band) at your desk can help you pull off numerous exercises while at work. Start with a basic move like the overhead press (photo at far right) and try adding in bicep curls, triceps extension and the reverse fly for a great upper-body workout.

Make it burn

People often get frustrated with their workout programs because cardio exercises – which are crucial to fat-burning – can take a lot of time. With a busy schedule it can be difficult to set aside an entire hour, so you may need some alternative measures. Separating cardio exercises into different sessions throughout

the day can make it easier for you to fit in a full workout.

For example, take a quick 15-minute run in the morning before work, a nice 30-minute walk during your lunch hour and then perform a quick circuit of cardio moves while you are watching your favorite TV show at night. By breaking your routine up during the day, you will be able to manage the smaller segments while maintaining your overall fitness goals.



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Take advantage

If your workplace has an employee wellness program, consider yourself lucky and take advantage of it! Participating in these programs is a great way to learn about health and fitness, stay motivated to keep up with your fitness goals and immerse yourself in an environment that supports good health. Even if your workplace simply provides access to a gym, use it as a way to get a quick workout before or after work.

Of course, your ability to deskercise depends on your workplace policies, deadlines and environment. Most employers should be supportive of exercising at work, but make sure to get approval beforehand. If you are interested in learning more about deskercise, check out FIT-Biz! Take 5 Workouts on iTunes or visit www.webmd.com/fitness-exercise/features/exercise-at-your-desk.

INFORMATION LINK

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