

# One-minute Office Workouts



Squeezing a workout into a busy schedule isn't always easy. But scattering one-minute workouts throughout your day can help combat the effects of long-term sitting, which can lead to a number of health concerns.

## Lower Body

Sit in your chair. Extend one leg out in front of you. Hold it straight for five seconds. Raise it as high as you can and hold for five more seconds. Switch legs and repeat, for a total of three times on each side.

## Core and Arms

Sit in your chair with your legs crossed in front of you. Place your hands on the armrests, engage your core and raise yourself a couple inches above the seat. Hold for 10 seconds. Rest a few seconds, and repeat five more times.

## Biceps

Hold a dumbbell or filled water bottle in one hand, with your arm stretched out straight and your palm facing the ceiling. Curl it up toward your shoulder and then back to the starting position 15 times. Alternate arms, and repeat. Complete one more set of 15 reps with each arm.

