

## Resource Guide

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### Desk exercises

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- Work takes up a substantial portion of our day. This can make it difficult to fit in a workout after hours. A simple way to stay active is by adding movement into your day right at your desk. Here are some desk exercises to try:
  - **Seated twist:** Sit up tall and twist your upper body to one side, holding the back of your chair. Hold for a few seconds, then switch sides.
  - **Chair squats:** Stand behind your chair, feet hip-width apart. Lower down like you're going to sit, hover just above the seat, then stand back up.
  - **Desk pushups:** Place your hands on the edge of your desk and walk your feet back until your body forms a straight line. Lower your chest toward the desk, then push back up.

