

At Work Workout

Millions of Americans spend most of their workday behind a desk. Taking an exercise break can ease muscle tension and get the blood circulating. Here are some at-your-desk exercises from the Hope Heart Institute that you can use when you don't have time to walk or the weather isn't cooperating.

- **Knee Kiss.** Pull one leg to your chest, grasp with both hands, and hold for a count of five. Repeat with the opposite leg.
- **Windmill.** Place your feet apart on the floor. Bend over and touch your right hand to your left foot, with your left arm extended up. Repeat with opposite arm.
- **Back Relaxer.** Bend down between your knees as far as you can. Return to upright position, straighten, and relax.
- **Pectoral Stretch.** Grasp your hands behind your neck and press your elbows back as far as you can. Return to starting position, drop your arms, and relax. Repeat.
- **Middle-Upper Back Stretch.** Raise your right arm and grasp it below the elbow with your left hand. Gently pull your right elbow towards your left shoulder as you feel the stretch. Hold for five seconds. Do both sides.
- **Side Stretch.** Interlace your fingers. Lift your arms over your head, keeping your elbows straight. Press your arms backward as far as you can. Slowly lean to the left, and then to the right, until you can feel stretching.
- **Fingers.** With palms down, spread your fingers apart as far as you can. Hold for the count of five. Relax. Repeat.
- **Shoulder Roll.** Slowly roll your shoulders forward five times in a circular motion, using your full range of motion. Roll your shoulders backward five times with the same circular motion.
- **Neck.** Let your head drop slowly to the left, then to the right. Slowly drop your chin to your chest, and then raise your chin as high as you can. Turn your head to the left, return it to normal position, and then turn it to the right.

