

SMALL GOALS

Small Goals are achievable and bite sized. Maybe you can 'attach your small (exercise) goal' to another regular behaviour... like- *"before I get my coffee I will do these (or just some) exercises"*. Small goals can be created by designating a few minutes of time to daily exercise to make your body and self, feel better. Good luck!

Simple, daily desk stretches for working from home

1. **Lateral Neck Flexion:** Simply flex your neck to the right and then to the left for a set of 10. This exercise should be done while seated.
2. **Forward Neck Flexion:** In a seated position, relax your neck forward, then raise head and ONLY look to the ceiling for a set of 10. Do not drop head backwards. Just face to ceiling is far enough.
3. **Shoulder Rolls:** In a seated position, roll your shoulders forward for a set of 10 & then back-wards for a set of 10.
4. **Forward bending, back stretches.** In a seated position, roll your head, then shoulders forward and continue to roll forwards until you are lying across your thighs and your head is relaxed over your knees. Stay for 3 breaths. Roll back upwards to sitting position for a set of 5 (or more).
5. **Leg Crossover Stretch:** In a seated position, cross your legs and then rotate your upper torso towards your top crossed leg. For example, if you cross your right leg over your left leg, then gently rotate (twist) your torso to the right side. Keep both seat bones flat upon the chair. Hold this position for 10-20 seconds. Do 2 sets of 5 repetitions on each side.
6. **Seated Leg Extension (Leg Kicks):** In a seated position, extend and kick out one leg in front of you for a set of 20. Next, do the other side for a set of 20.
7. **Single Leg Lifts:** In a seated position, extend one leg in front you and keep it elevated and ex-tended. Lift and hold the extended leg for a set of 20 then do the other side.
8. **Circle Leg Lifts:** In a seated position, with one leg extended in front with your toes pointed, make small circles with your extended leg in one direction then reverse the direction for a set of 5-10 in the opposite direction.
9. **Arm circles.** Seated or standing. Hold both arms out to the side at 90 degrees. Keep them straight with hands extended. Circle left then right arm forwards for 10, then backwards for 10. Then circle both arms together forward for 10 and backwards for 10.
10. **Chair/Desk -Push Ups/Dips Triceps:** Start at the edge of the chair with your body forward and knees flexed, and then flex your elbows. Next drop your torso downward, then extend your elbows and elevate your torso. Remember to breathe while doing these. Consider 2 sets of 10.
11. **Calf Raises:** Seated calf raises can be done with the toes pointing forward, outward, or inward. While seated with the back straight and shoulders squared lift your heels and contract your calves. Consider 2 sets of 10 each. These exercises will really help with lower extremity circulation. Or do them standing hold back of chair.
12. **Chair Squats:** Use the seat of the chair. Stand up from the chair with your feet hip width apart. Hold both arms straight and directly out in front of you-at shoulder height- keep your arms there throughout. Bend your knees until seated. Stand up again and repeat for set of 20. (Make sure chair does not have wheels)
13. **Foot & Ankle Flexion.** In a seated position-extend forward, either both legs, or one leg at a time, to a straight leg position. Point your whole foot/feet forward (from the ankle through to toes) for several seconds. Now FLEX your foot/feet (from your ankle through to toes) by pulling your whole foot back towards your abdomen and hold. Point your foot/feet again, then flex. Consider 2 sets of ten. These exercises will really help with lower extremity circulation.
14. **Foot and ankle circles.** In a seated position, with one leg extended in front with your toes pointed, make small circles from your ankle, with your whole foot. Rotate in one direction then reverse the direction for a set of 5-10. Now do your other foot.
15. **A quick walk around the office or home.** When you get back to your chair, touch your toes (or shins) and slowly roll up and stretch up to ceiling with arms for 3 sets.

Discover: How long does it take to complete just 1 set of ALL these exercises?