



Actrim Office Workout

Sitting behind a desk all day can be harmful to your health. Human bodies are made to move.

That's why booking a 10 minute appointment with yourself can really make a difference to how you feel and even how well you perform your job. Even the busiest person can do it. Just ten minutes of movement can boost your energy and improve your health. You'll find that even gentle exercise releases endorphins that will help you concentrate better, be more productive and feel happier.

Ready to start? From the top!

Neck Exercises (Take these slowly)

- Put your chin down on your chest and hold for a count of 10.
- Look to the right side for 10 seconds. (Feel the stretch in your neck)
- Look at the ceiling for 10 seconds.
- Look to the left side for 10 seconds.

Shoulder Shrugs (Strengthens the back and relieves tension)

- Place your hands on your waist.
- Shrug both shoulders up and down slowly and repeat 6 times.

Arms

- Stretch up one arm at a time – stretch fingertips up towards the ceiling. Feel the pull in your waist.
- Repeat 6 times each arm.

Wrists & Forearms

- Place palms of hands together. Press hands together in front of chest, elbows bent and parallel to the floor. Gently press palms together for a count of 6.

Triceps Dips (For Beautiful Upper Arms)

- Make sure your chair is in stable position and place hands next to hips on the seat. Move hips off front of chair and bend elbows, lowering your bottom towards the floor until elbows are at 90 degrees. Your arms should be taking your weight.
- Repeat 6 times every day.

Overhead Arm Press

- Hold a small water bottle in each hand, elbows bent, and extend one arm over the head towards the ceiling hold for a count of 6 then do the same with the other arm.
- Repeat 6 times with each arm.

Biceps Curl

- Hold water bottle in right hand and, with abs. in and spine straight, curl bottle towards shoulder and straighten.
- Repeat with each arm 6 times.

Stomach Clenches

- Hold in your stomach muscles for a count of 6 seconds breathing out slowly and release.
- Repeat 6 times.

Leg Extension

- Sit in chair, stomach in. Extend left leg until level with hip. Flex foot towards you and hold for a count of 6.
- Repeat with the other leg.

Plantar Flexion

- Stand straight, holding onto a table or chair for balance. Slowly stand on tiptoe as high as possible. Hold position. Slowly lower heels all the way back down.
- Repeat 6 to 12 times.

More Tips On Making Your Work Place Healthy

- Always use the stairs instead of the lift for one or two flights.
- Take slow deep breaths if you are feeling stressed or before a meeting.
- Have a plant on your desk and look after it.
- At the end of each day tidy your desk and leave a priority list for the next day.
- Stop at the gym or healthy club for half an hour on the way home.
- Always start your day with a bottle of water on your desk.

Find out more about the super Actrim weight loss system by [visiting www.ardenhealth.com](http://www.ardenhealth.com)