

# Who has time for the gym?

## I stay in shape without leaving my desk.



**It's amazing.** Doing just one minute of these simple exercises two or three times a day gets my juices flowing, peps me up if I'm in a rut, or calms me down when I'm feeling stressed.

### Chest Press

**What you need:** A desk or other sturdy horizontal surface.

**What you do:** Stand three or four feet away facing your desk. Place your hands on the edge of the desk shoulder-width apart, keeping your back straight and arms extended so your body is at an angle. Bend your elbows as you lower your chest to the edge of the desk, then push yourself back up to the start position.

**To get the most out of it:** Repeat 10–15 times or for 30–60 seconds, two or three times a day.

**Safety tip:** Make sure your desk is pushed up against a wall or otherwise secured so it won't slip out from under you.

### Arm Curls

**What you need:** Elastic band, dumbbells or hefty object, such as a dictionary.

**What you do:** If you're using an elastic band, stand on the mid-point of the band with your feet apart. Grip the handles with your arms down and palms facing forward. Curl upward, focusing on your biceps, then lower your arms to your start position.

**To get the most out of it:** When this exercise gets too easy, move on to heavier weights or add more tension to your elastic band.

### Triceps Press

**What you need:** Elastic band, dumbbells or hefty object, such as a dictionary.

**What you do:** With your hand behind your head and your elbow pointed up toward the ceiling, extend your arm straight up, then return to the start position in a steady, controlled motion, focusing on the triceps in the back of your upper arm.

**To get the most out of it:** When this exercise gets too easy, move on to heavier weights or add more tension to your elastic band.

### Side Lateral Raise

**What you need:** Elastic band, dumbbells or any hand-held object heavy enough to give you a bit of resistance.

**What you do:** Stand up straight with your arms at your sides. Lift your arm straight out to the side, raising it up until it's level with your shoulder, then lower back down.

**To get the most out of it:** Do some front raises to strengthen your deltoids. Instead of raising your arms out to your sides, lift them straight out in front of you.



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MANAGEMENT.

NOTE: Not all exercises are suitable for everyone, and this or any other exercise program may result in injury. To reduce the risk of injury, consult your doctor before beginning any exercise program. The instructions and advice presented are in no way intended as a substitute for medical counseling. All content provided by ActiveHealth® Management.