

Workplace Workouts: The Skinny on How to Stay Slim on the Job

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Getting paid to burn calories while chained to your desk? For as many hours as some of us spend sitting idly at our desks, it wouldn't hurt to break a little sweat! And, it won't hurt your employer either, ladies. Studies show that mini-workout breaks throughout the day helps lose weight, and reduces sick leave up to 25 percent.

And, while some employers are incorporating standing desks, fitness technology and exercise balls into the work space, workplace wellness doesn't have to be limited to gadgets. Valley fitness expert and owner of FR The Fit Method, Felicia Romero, has some easy workplace workouts that will help to boost your energy and your job performance. Here are four easy workplace workouts that can get you in shape at the office in no time.

Exercise 1: Chair squats: three sets of 20

Exercise 2: Desk pushups: three sets of 15 paired with planks (30 seconds)

Exercise 3: Glute kick bands with a band around ankles (may keep at your desk) - standing up and kick leg out at an angle.

Exercise 4: Body weight dips on chair - three sets of 20

According to Romero, these workouts should be coupled with a brisk walk outside for a couple minutes throughout the day.