

# 3 ways to exercise to get a good body even when sitting at work

Sitting upright, raising your legs or tummy when sitting on a working chair can also help you burn calories effectively.

**Calorie burning** is an effective solution for a moderate body, ensuring uniform growth of body parts. Therefore, **exercise** is a way to help your body release more energy and create healthy, balanced development.

If you have to work in the office for 8 hours a day, don't worry about **energy consumption** because of less exercise. Even when sitting on a working chair with a short break time, you can help your body move from the inside out to burn energy efficiently. Join us to learn **3 ways to exercise** effectively even when you're sitting.

## 1. Sit up straight

When sitting upright, your **belly is close to the edge of the table** - requiring a lot of muscle and therefore more calories can be burned. If you want to have a slim waist while sitting, constantly adjust your sitting posture. When you sit in the correct position, your body will be stretched like a long ribbon from the bottom of the spine to the top of the head. Put your feet on the ground, sit up straight and arch your body forward.

HOW TO EXERCISE  
WHILE SITTING AT YOUR DESK

*by Don't Tell  
Anyone*



## 2. Lift the leg

**Sit up straight, bring your knees, ankles and heels close together.** Put your hands on your thighs tightly, putting pressure from the outside. Use the closed muscles to hold your legs close to each other. Use force to lift the legs up high so that the legs parallel to the ground and hold for a few minutes. Practice this exercise at your own pace until you get used to it. Increased 30 times with each exercise of this exercise.



### 3. Hold your belly

When sitting in a chair, you cannot perform strong exercises to quickly eliminate calories. You can perform a **tummy tuck** and **hold your breath** for a few seconds and then exhale.

First, sit close to the edge of the chair, your back straight. Remember not to lean back in the chair. After that, put your hands on your knees or if you're working, keep your hands on the table comfortably.



**Step 1** : Breathe out the air from the lungs until there is no air left. You will realize that by breathing this you can automatically inhale more air.

**Step 2** : Slowly breathe air into the nose for 4 beats.

**Step 3** : Hold your breath for 8 beats.

If you are just beginning to practice, do not hold your breath or hold your breath for a shorter period of time and gradually increase to 8 beats.

**Step 4** : Exhale slowly by mouth for 8 beats. Fully expel air from the lungs.

**Step 5** : Hold your breath for 8 beats.

If you are just beginning to practice, do not hold your breath or hold your breath for a shorter period of time and gradually increase to 8 beats.

**Step 6** : Check your sitting posture and repeat steps 2 to 5.

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