

Reduce the risk of office diseases thanks to 5 on-site exercises

Back pain, eye strain, stress, ... are extremely familiar with any office worker. So why don't you take advantage of the break time, to relax yourself with extremely simple exercises like ...

Due to the nature of the work, office workers often have to sit in front of a computer for a long time. Thereby leading to pathologies such as spinal pain, eye strain, affecting the nervous system, carpal tunnel syndrome, . and many other dangerous diseases that affect health.

In order to protect themselves against such dangerous diseases, many people have chosen for themselves measures to reduce pressure on themselves, relieve stress and especially limit computer sitting for too long in many hours. One of the helpful measures that we would like to introduce to you is simple exercise that can be practiced locally to help you be more appealing and relaxed.

1. Walking exercises in the room

Walking will increase your heart rate and improve circulation, which is also the easiest way to exercise in the office without too much attention.

Try a few walks around your office. If the next thing you have to do is call, or email someone down the hall, instead of standing up, stand up and talk directly to them.



2. Calf lifting exercises

You can practice lifting your calves discreetly right next to your desk. These movements will help you strengthen your leg muscles and also improve your equilibrium

Start with spreading your legs and shoulders and then put your weight on your toes. Hold the position for a second, then lower yourself and repeat. You can even make your exercise harder by just practicing with one leg and then changing your legs.



3. Standing exercises lifting weights for the back hand

This weight lifting action will help strengthen the muscles of the back of the arm. Although this will be done with single or double weights, you can take advantage of everything you have in your office, like heavy and heavy books or water bottles.

Start by putting your hands behind your head with both hands and extending your arms so that your arms are pointing up. Then slowly release your hand, push the weight behind the head and repeat.

4. Squatting movements

This is a great exercise for legs and buttocks. However, this movement is noticeable.

The steps are as follows: stand in front of the chair, legs wider than your shoulders and slowly lower yourself until your butt touches the edge of the chair. If you don't want to sit down, turn yourself back on your posture and repeat the gesture.



5. Leaning exercises

This is a gesture you can take while you're on the phone, although it's not very discreet, this sagging exercise will increase your heart rate and will affect buttocks, quadriceps, hamstrings and calf.

Starting with standing upright, the shoulders slightly arch backwards. Step one leg forward and slowly lower yourself until your knees form a 90 degree angle. Push yourself back to your standing posture, continue to repeat your movements and change your legs. Repeat the movement until both your feet heat up.



If you are not familiar with these exercises, you can schedule reminders to get up and walk every 30 minutes and from there you can deploy these effective exercises. Besides, often drinking water to create an opportunity to stand up, walk in the room. Always remember that sitting in front of a computer for too long is a germ of deadly diseases.

Refer to the following articles:

1. Reduce fatigue when sitting on a computer with a few simple movements
1. How to hold the mouse to protect the joint bone?
1. 8 habits to destroy the six-pack abdomen super fast

Hope the above article is useful to you!

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