

Increase your Circulation

Why should you try to get more movement into your work day?

1. We all need to move more and everything counts, not just time spent at the gym.
2. Many of the problems cause by sitting a lot (or standing a lot for that matter) are the result of being in one static position for hours not *just* the lack of activity.
3. We need to move *all* of our parts for optimal health. You can work on the small moves at work and no one will even know you're exercising on the clock.
4. Taking a little time to stretch during the day can decrease the chances of being too sore and tired to do anything active after work, help prevent overuse injuries, and improve your mood.
5. Doing habitual actions in new ways is good for your brain!
6. Lymph is moved by muscle action. Boost your immune system at work by using the joints near lymph nodes.

Sitting exercises

1. Sitting make over
2. Head hang
3. #4 stretch
4. Seated twist
5. Eye breaks

Standing exercises

1. Standing make over
2. Pelvic list
3. Top of the foot stretch/ calf stretch
4. Standing quad stretch
5. Rhomboids together and apart
6. Hand stretches

Dynamic exercises

You might not get away with these at the front desk 😊

1. Thoracic stretch
2. Forward bend with side to side shift
3. Arm swing with list
4. Chest and neck stretch
5. Standing #4 stretch
6. Door jamb arm hang

Other ways to get more movement into your work day

Sit on the floor during story time or when shelving on bottom shelves. Pay attention to how difficult this is for you. Do you always go down and up the same way and lead with the same side?

Pay attention to how you carry books, pull or push carts, hold the phone etc. Try to do all these things in a different way or with a different hand.

Walk to someone's office rather than picking up the phone or emailing.

Whether you are working in a chair or on your feet, change to a new position at least every hour and ideally more often. Take your hands off the keyboard and mouse when you aren't actively typing.

Can you use a voice to text program to cut down on some of your typing time and stretch while you get your writing done?

How about an outdoor walking phone meeting? Or, use speaker phone and close your door during a long phone call so you can move around while you talk.

Recommended Reading:

All of Katy Bowman's books are highly recommended.

Especially relevant to the work place is **Don't Just Sit There: Transitioning to a Standing and Dynamic Workstation for Whole-Body Health**.

Visit nutritiousmovement.com to find Katy Bowman's book store, blog, podcast, downloadable and streaming movement classes.

The Roll Model by Jill Miller, yogatuneup.com, and [yogatuneup](http://yogatuneup.com) on youtube.com for instructions on using soft balls to roll out stiff or overworked muscles. She sells brand name balls that I love, but I also use old tennis balls. Many of these techniques can be used at work or while traveling.