

# Mindful Work

## Exercise

This week we're focusing on moving more. It's really easy to become sedentary and spend too much time sitting at the desk. Humans are not designed for this. The body tends to crumple when we're sitting at a computer, which can lead to neck and shoulder tension and pain.

So the suggestion is to get up, stand up, move around, do yoga and exercise more. Make this the aim this week.

Exercise has both physical and mental benefits. The NHS suggests that we should all do at least 150 minutes moderate or 75 minutes intense exercise each week, in a way that raises our pulse noticeably and warms us up, plus some strength exercises.

### Tip 1 - Get up and move

Today's tip is simply to get up from the desk and walk around or stretch for a few minutes, every hour.

### Tip 2 - Desk yoga - Crescent Moon

Sit and stretch upright, raise your arms overhead, bring your hands together, and stretch your fingers out. Lean to the right, keeping your body and shoulders facing forward. Take 3 deep breaths. Repeat on the left side for another 3 breaths. Bring your arms down in a circle, stretching out with your hands.

### Tip 3 - Stand up to work

If you have the opportunity, try standing up to work for say half an hour twice a day. Only do this if you can find or create a worktop for your laptop at about chest height. Also, see if you can hold meetings standing up or walking – the dynamic will change too and you may find the meeting is quicker.

### Tip 4 - Exercise at lunch time

Today's suggestion is to do take a brisk 15 minute walk this lunchtime. See how you can make brisk exercise, even just walking, part of the daily routine. You will come back refreshed and work better for it.

### Tip 5 - Desk yoga – Chair Pigeon

While seated, put both feet flat on the floor, then place your right foot over the left knee without putting too much pressure on the right knee. Keep your buttocks seated equally and stay upright. You can now hold your right foot with your left hand, then twist and move your head to the right. Hold for 5 breaths then switch sides.