

Core Exercises

Ab squeeze: for core strength

Do in a meeting, or on the phone, anywhere really!

- Tighten your stomach muscles.
- Squeeze for 10 seconds.
- Relax.
- Repeat 10 times.

Reverse Crunch: for lower abs, leg, and tricep strength

Do in-between appointments.

- Sit on the edge of your chair, hold onto your armrests.
- With your back straight, lift your knees towards your chest.
- Lower back down.
- Repeat 12 times.
- For an extra burn, do with your legs straight rather than bent.



Swivel Chair Pull: for core, leg, and tricep strength

Do after you finish an assignment or chart.

- Sit tall, grab the edge of a table.
- Lift your feet slightly off the floor and squeeze your stomach muscles.
- Pull your body towards the table until your stomach touches.
- Push your body away.
- Repeat 15 times.

Water bottle twist: for core strength

Do when your eyes need a break from your computer screen.

- Sit on the edge of your chair.
- Lift your feet slightly off the floor.
- Hold a water bottle at chest level, squeeze your stomach muscles.
- Twist to the right.
- Twist back to center.
- Twist to the left.
- Repeat 10 times.

**Do not do this if you have disc problems.*



**For questions about wellness, contact
(212) 432-8494 or wellness@chnyc.org**

Photos taken from Google images.

Exercise Tips

These exercises will help keep your weight down and your profile high:

- **Take the stairs!** Try taking 2 steps at a time every other flight on your way up.
- **Visit co-workers** rather than e-mail them.
- **Drink water.** It can help you keep a healthy weight. Also, more trips to the bathroom means more exercise.
- **Walk quickly** to get your heart beating faster for a better workout and to burn more calories.
- **Stand** whenever you can. It burns more calories than sitting. Host a standing or walking meeting!
- **Sit up straight.** It helps strengthen your core, lessen lower back pain, and improve confidence.
- **Breathe deeply** through your nose and out your mouth to help you relax.
- **Laugh!** It tightens your stomach muscles, exercises your lungs, works your heart, and relieves stress.
- **Make exercise part of your everyday routine.** Don't let embarrassment keep you from exercising at work. Chances are your co-workers will admire your efforts. You might even get them to join you!

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