

lower **Body Exercises**

Standing Leg Lift: for leg and butt strength, hip flexibility

Do while waiting for copies or for a meeting to start.

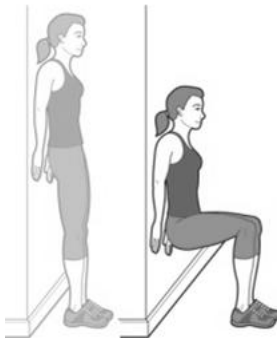
- Stand straight, hold the back of a chair for support.
- Lift your leg straight out to the side as high as you can.
- Slowly lower it down, but don't let it touch the floor.
- Repeat 15 times on each leg.



Standing Leg Pulse: for butt strength

- Stand straight, hold the back of a chair for support.
- Lift your leg straight out behind you as high as you can.
- Pulse (small lifts) your leg 10 times.
- Repeat with opposite leg.

**Be careful not to kick anything behind you.*



Wall Sits: for thigh and core strength

Do while reading the news or waiting for your lunch to heat up.

- Stand with your back against a wall.
- Take a large step forward, keeping your upper back on the wall.
- Slide down the wall by bending your knees into a 90 degree angle.
- Hold for 30 seconds (or up to 12 hours, the world record!).
- For an extra burn, cross your right ankle over your left knee.
- Hold, then switch!

Seated Leg Raise: for leg and butt strength

Do while catching up on emails.

- Sit tall, extend one leg out straight.
- Raise it high, try to lift your thigh off of the seat.
- Hold for 5 seconds.
- Draw 5 circles with your toes pointed, reverse direction and draw 10 circles.
- Repeat with other leg
- Level up: Loop a purse or briefcase strap over your ankle for added weight.



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

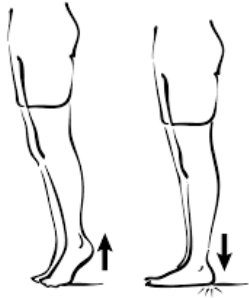
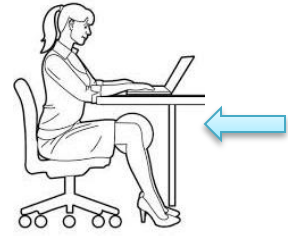
Photos taken from Google images.

lower Body Exercises

Inner Thigh Squeeze:

for inner thigh strength
Do while answering messages.

- Sit tall. Place a notepad in-between your knees.
- Squeeze the pad with your knees for 30-60 seconds.



Calf Raises:

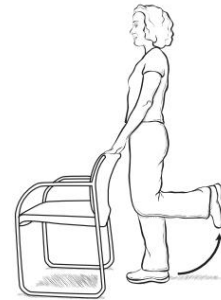
for calf and inner thigh strength
Do while chatting with a co-worker.

- Stand with your feet slightly apart.
- Raise onto your toes then lower back down but don't let your heels touch the floor.
- Repeat 20 times.
- For an extra burn, try raising up and down on one foot at a time while holding your other foot off of the ground.

Hamstrings Kickbacks:

for thigh strength and flexibility
Do while waiting for the restroom.

- Stand tall. Gently kick one foot back, aiming your heel for the top of your thigh.
- Lower your foot back down.
- Repeat 10 times on each leg.



Lunge:

for leg strength, hip flexibility.
Do while reviewing a document.

- Stand tall.
- Extend your right leg back behind you.
- Lower down into a lunge by bending your left knee into a 90 degree angle.
- Bend and straighten your right leg 10 times.
- Repeat on other side.

Squat:

for butt, leg, and core strength
Do after you take a bathroom break.

- Stand with your feet slightly apart.
- Send your hips back and bend your knees, as if sitting in a chair.
- Raise your arms straight out in front of you.
- Squeeze your butt muscles to stand back up.
- Repeat 15 times.



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Photos taken from Google images.