**upper Body Exercises**

**Arm Curl:** for bicep strength  
*Do after writing a long email or charting for a patient.*  
o Sit up tall with your right hand on your thigh facing up.  
o Make a fist and curl it to your shoulder.  
o Reach your fist straight up over your head.  
o Lower your fist back down to your shoulder.  
o Curl it back down to your thigh.  
o Repeat 15 times on each arm.  
o For an extra burn, do this exercise while holding a water bottle.

**Water Bottle Tricep Raise:** for tricep strength  
*Do before taking a sip of water.*  
o Sit tall. Hold a water bottle in your right hand.  
o Raise it over your head.  
o Bend your elbow at your ear to lower the water bottle behind your head.  
o Lift the water bottle back over your head.  
o Repeat 15 times on each arm.

**Table Press and Push:** for bicep strength  
*Do while on a conference call.*  
o Put your hands under a table, palms facing up.  
o Squeeze your stomach as you press your hands up under the table as if you are trying to lift it up.  
o Hold for 8 seconds.  
o For an extra burn, do with one hand at a time.  
*Be careful not to lift the table up. Don’t forget to breath!*

**Table Push:**  
o Put your hands on top of a table, palms facing down.  
o Squeeze your stomach as you press down on top of the table.  
o Hold for 8 seconds.
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Arm Chair Press: for chest and shoulder strength
*Do after taking a bathroom break.*
- Place both hands on the arms of your chair.
- Slowly lift your butt off of your seat.
- Slowly lower yourself back down but don’t sit down.
- Hold for 5 seconds.

Desk Push-Ups: for chest and arms strength
*Do when there is a lull in your work or patient flow.*
- Place both hands shoulder-width-apart on the edge of your desk.
- Take a few steps back so that your body is in a straight line, like a plank.
- With your shoulders over your wrists, lower down slowly by bending your elbows.
- Push off of your desk until your arms are straight again.
- Repeat 10 times.

Wall Lean Extension: for tricep, chest, and upper back strength
*Do before eating your lunch.*
- Lean up against a wall with your arms out to your sides and elbow bent so that your hands are by your head, palms are facing out.
- Take a small step forward so only your upper back and arms are touching the wall.
- Using your forearms and chest muscles, life your upper back off of the wall by bending your elbows. Only your forearms should be touching the wall.
- Repeat 10 times.

Shoulder Blade Squeeze: improves posture
*Do while you are waiting to clock-in.*
- Roll back your shoulders until your shoulder blades are touching.
- Hold for 10 seconds.
- Release.
- Repeat.

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

Photos taken from Google images.