

Tips that Count

Wellness information for your journey to a healthier you!

Three Easy Desk Exercises

Wrist Assist

This easy exercise is done to stretch the muscles of your hand and fingers in a way that is not normally done in everyday activities, especially at the computer. Do it three times a day, or whenever your hands feel tight.

Rest a forearm on the desk's edge. Grasp that hand's fingers with your other hand and gently bend back the wrist. Hold for five seconds. Repeat with the other hand.

Shoulder Rolls

This exercise, done at least three times a day, can relax your shoulders. You may do this one shoulder at a time or both together.

Sit or stand with your back straight. Lift your shoulders as high as you can. Pull them back and then push them down—in a rolling motion. Then return to starting position. Repeat 3 to 5 times and then switch directions.

Head Rolls

Relax your shoulders and let your head roll forward, chin to chest. Slowly rotate your head, moving your left ear towards your left shoulder, without straining your neck. Move the head back to center, chin to chest. Repeat five times. Relax, rotate in the opposite direction, and repeat five times. Try not to raise your shoulders as you do this exercise.



All information is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. You should seek prompt medical care for any specific health issues and consult your physician before starting a new fitness regimen.