Sitting too long can be as harmful as smoking. Let’s look at the different types of exercises you can do to avoid those negative effects!

**Which Exercise is Effective?**

*Q. In order to offset the negative effects of sitting, which exercise is more effective?*

A. Do light exercising every 30 mins

B. Go to gym after work to do intensive exercises for an hour

The answer is **A**.

It is more effective to do light exercises frequently than do intensive exercises for a longer hour. Let’s squeeze in mini-workouts throughout the day!
Levels of Exercises You Can Do in Your Office

We will introduce four different levels of exercises that you can do in your office. You can do these exercises without using too much space.

Also, you can use your office chairs and desks to guide the exercises.

4 levels:
- Effortless
- Easy
- Moderate
- Hard

You can try which levels of exercise you want to try, but here is our recommendation. Simply answer these questions and find out which types of exercises you want to begin with.

Note: It is always good to check with your doctor before starting an exercise program.

Effortless

Walk

Go for a short walk during breaks or walk over to talk in person to a coworker. Try speed walking. When you have a spare time, parking further away from your office, or going to the bathroom that is across the building.
**Neck, Ankle, Wrist Rolling**

You can do while sitting or standing. Simply stretch and roll your body.

**Easy**

**Leg Lifts and Swing**

This is an exercise you can do with the help of chair. Lift and swing your legs to different directions.

**Spinal Twist**

Twist your upper body while sitting down.

**Water Bottle Workout**

Something you can do other than exercises.

**Use seat cushion**

It can guide your body to sit in the correct positions which is crucial for the health of your neck and back.

**Use footrest**

It can reduce the feeling of heaviness on your legs and provide you a comfort.

**Take off your shoes**

Being on barefoot brings you lots of benefits. It allows a better blood flow.
**Moderate**

**High Knees**

Lift your knees at least to a 90-degree angle. If you can, lift higher.
You can use chair or wall to help you.
Lift right and left alternatively.
Keep doing it until you feel something on your thighs.

**Hard**

**Lunges**

Do right and left alternatively.
Make sure to maintain a straight upper body and your front knee to be 90-degree angle.

**Balance**

It looks easy and simple, but it is actually difficult.
Keep your body straight and time how long you could balance to see improvements.

How about doing a **wall-sit** with your co-workers?

**How to do a wall-sit:**

**Step 1:** Stand with your back pressing against a wall.

**Step 2:** Set your feet about shoulder-width apart. Slide your back down the wall, bending your legs until they are in a 90-degree angle or as close as you can get.

**Step 3:** Hold your position.

**Step 4:** Stand up slowly, while you are leaning against the wall.

(Note: If you feel knee pain, stop immediately and consult your doctor.)