

# Quick & Easy Exercises at Home or Work

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Winter is quickly approaching and for some of us this means we become less physically active. Exercise is very important all year round and promotes overall better physical and mental health. One does not need a lot of expensive equipment, nor do you need to spend hours everyday working out to stay healthy. There are exercises that can be done at home or at work from a chair and require little time or equipment. The following are just a few examples of simple exercises to work your legs, arms, and stomach muscles.

## **Leg Exercises**

You can work the muscles in your hips and thighs by doing a marching type motion while sitting in a chair. If you feel this is too easy, add some resistance by putting on a heavy pair of shoes or simply increase the reps.

To strengthen your quadriceps (the front part of the thigh), hamstrings (the back part of the thigh), and your gluteal muscles (the buttocks) you can do a squat into a chair. Do this by slowly lowering yourself about halfway into a sitting position, but don't actually sit all the way down to the chair. After squatting halfway down then slowly rise to standing again, repeat ten times. For safety purposes, always make sure there is a sturdy chair behind you.

As mentioned in the previous exercise, your hamstrings are the muscles at the back of your thigh. You can strengthen these muscles while sitting in a chair by putting your heel against the leg of the chair and pulling your leg back into the chair. You won't actually be moving your leg, but instead you cause resistance by pushing against the chair. You want to hold this for a count of five seconds, relax, and repeat ten times.

## **Arm Exercises**

Your biceps are muscles in the front of your upper arm. By holding a soup can in each hand (or if at work you could use a heavy book) and bending your arm at the elbow thus bringing the can towards your shoulder and then straighten again strengthens these muscles. Perform motions slowly and repeat ten times.

The muscles in the in the back of the upper arm are called the triceps. You can strengthen your triceps by holding soup cans in each hand, raise arms above your head then bend at the elbows so the soup cans are now behind your head, then straighten arms again. Do slowly and repeat ten times.

## **Stomach Exercise**

You can strengthen your abdominal, or stomach muscles, by sitting in a chair and pulling both knees toward your chest without using your hand. You should feel your stomach muscles tighten, hold for five seconds and relax. Repeat this ten times.

These are just a few easy exercises that work major muscle groups and can be done at home or work. With a little time and creativity you can come up with an exercise program to suit your environment and help you stay in shape.