

# Get Active!



## One-Minute Moves: 10 Easy Ways to Stay Active While You Work

A sedentary lifestyle is detrimental to your health. Not only does prolonged sitting cause aches and pains, it can inhibit your metabolism, increase your risk of heart disease and metabolic syndrome, and lead to a host of other health problems. Even if you spend most of your day working from a desk, you can still stay active while you work. Following are 10 one-minute moves to get you out of your chair and on your feet!

1. **Run/Jog in Place** – Get those knees up! For a lower impact alternative, march in place.
2. **Jumping Jacks** – Hop to it in classic style or, for a lower impact alternative, raise your right arm and tap your left toe to the side while keeping your right foot on the floor; alternate sides.
3. **Jump Invisible Rope** – Hop on both feet at once or alternate. For a lower impact alternative, simulate the arm motion of turning a rope while alternately tapping the toes of each leg to the front.
4. **Punch It** – From a seated or standing position, throw some jabs into the air. Up the intensity by punching it out with full water bottles in your hands.
5. **Kick It** – Stand with one leg straight and try to kick your buttocks with the other; alternate legs.
6. **Walk-Lunge** – Take some paces in your office or a vacant room, or give your coworkers a laugh and walk-lunge down the hall.
7. **Stair Step**– See how many flights you can climb in 60 seconds!
8. **Wall Sit** – Rest the small of your back against a wall and squat so your thighs are parallel to the floor, making a 90° angle with your legs. Hold your position for 60 seconds or try two sets of 30-second sits.
9. **Desk Dip** – Place your hands on both sides of your body and grip the edge of a sturdy desk. Plant both feet on the floor and take one to two steps away from the desk. Bend your elbows to a 90° angle, hold, and re-straighten.
10. **Chair Squat** – Sit on the edge of your chair with feet shoulder-width apart. Stand up without using your hands, then squat to return to your chair. Make sure your knees do not cross over your toes!

Sources: WebMD ([www.webmd.com](http://www.webmd.com)) and National Center on Health, Physical Activity and Disability ([www.nchpad.org](http://www.nchpad.org))

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