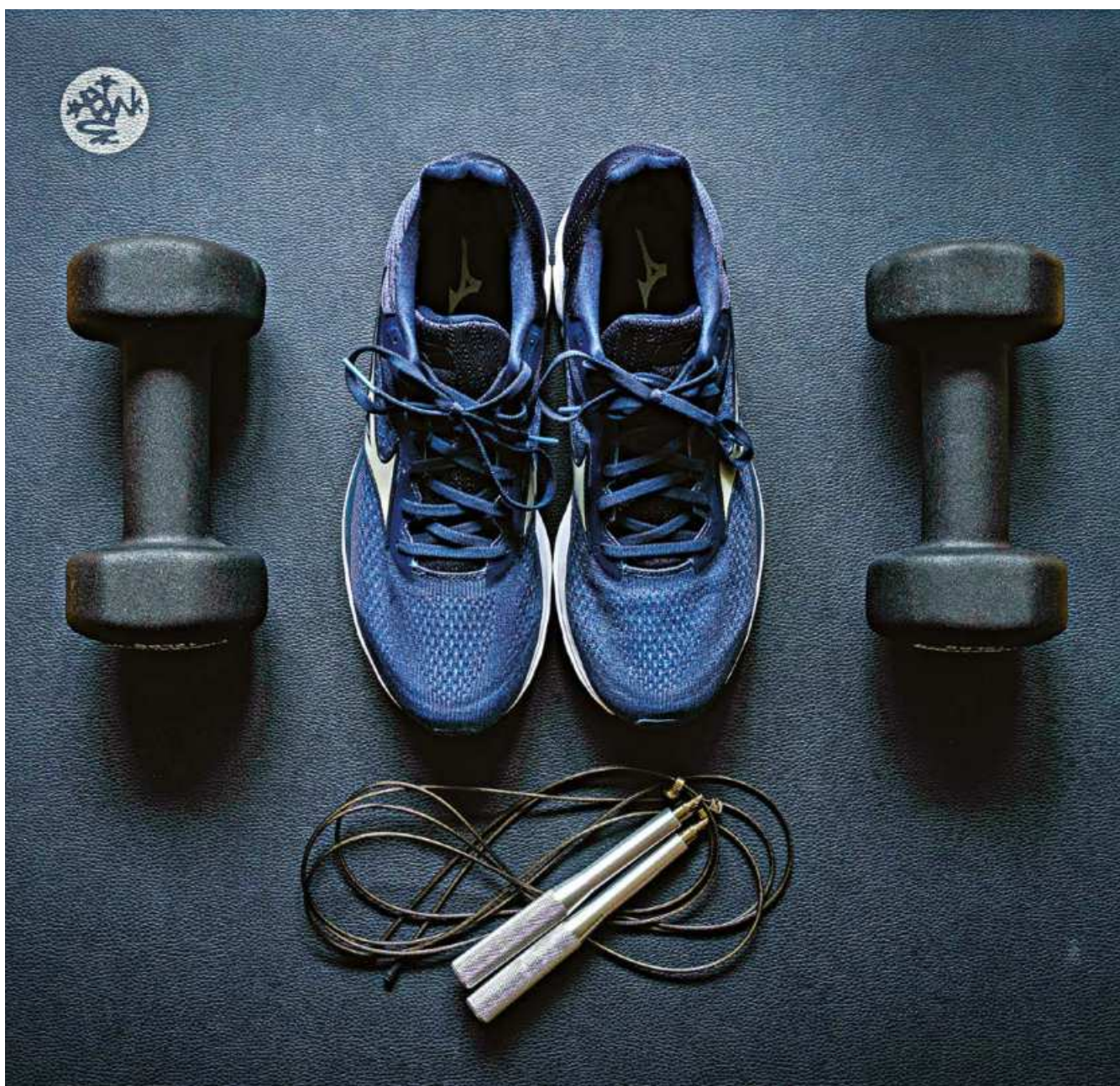


# Energising exercises to boost productivity when working from home

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Working from home is unquestionably the most enviable of office settings. It will usually give you more flexibility in your life and encourage you to spend more time with your family. You still get to avoid the commute!

However, not having a place to work outside of the home can be harmful to our well-being. Inactivity is one of the most significant drawbacks of operating from home. When we have a busy workload, our instinct is to sit for as long as possible before the job is completed. Before you know it, hours have passed and you haven't gotten out of your chair. Excessive sitting will disrupt your metabolism, raise your blood pressure, blood sugar, and cholesterol levels, and cause you to gain weight around your waist – and that's just the beginning! The muscles in your back, spine, hip flexors, hamstrings, and calves may all be affected by sitting in one position for long periods.

Let's take a look at some of the exercise routines that can pick up the pace in our day:

## Tap dancing

When you know you've been sitting for so long that your legs are numb, place your feet flat on the floor to help with circulation. And, as quickly as you can, make a tapping motion with both feet at the same time. If you were standing up to do the same workout, it would be similar to tap dancing or even running in place. This should be done several times a day in 30-second intervals, particularly if you sit for long periods. Another excellent seated-desk exercise you can do when working from home is this one.

## Wrists and finger stretches.

Many office jobs require us to do a lot of small tasks, such as typing and texting. This is why stretches for the hands and wrists, such as this one, are so necessary! Hand and finger illnesses, like Carpal Tunnel Syndrome, are on the rise and computers and smartphones are likely to blame. Too much clicking, typing, and tapping might swell the nerves in the wrist, causing pain and numbness. Taking a break to stretch and move our wrists around might help keep these illnesses at bay. Place both hands on your desk, palms down, fingers facing your body, when standing. Lean forward to increase the stretch. Hold the stretch for a few moments before you feel the tension dissipate.

## Curling

Some activities may also be supported by the use of desk accessories. In a sitting or standing position, grab a desk object such as a stapler, paperweight, or even bottled water with your palms facing upward. Start at the thigh level and slowly curl your arms up toward your chest, starting with your arms completely extended in front of you. After that, steadily lower the arms to the upper thighs. This will strengthen your biceps and relieve forearm muscle cramps caused by too much typing. At least a dozen times, repeat this motion.

## Wall exercises

You aim to work on your muscle strength and endurance for at least a minute or two per day. Stand with your back to a solid wall—not a cubicle wall—to do so. Bend your knees and roll down the wall while keeping your back straight. The target is to have your upper legs parallel to the floor at the end. Bear this position for at least 60 seconds before repeating the procedure ten times.