

KEEP MOVING PROJECT RECESS WORKOUT @WORK



People spend most of their time at work and, more often than not, identify with their jobs more than any other single thing.

This makes the workplace the best to introduce the topics of wellness and why not? an optimal place where to stretch your muscles at your own desk, to relieve soreness from prolonged sitting or standing and save your spine one stretch at a time.

	NOT TOO		VERY
Difficult?	1	2	3
Sweaty?	1	2	3
Humiliating?	1	2	3

1 RAISE THE ROOF (20 reps)
While marching in place, push toward the ceiling with your palms up and thumbs almost touching your shoulders. Make it harder by holding books or water bottles.



Pro: One person found it "comforting" to dust off a 1990s dance move.

Con: Brief moment of panic while you try to remember if you shaved your armpits.

2 TRICEPS KICK (20 reps)
While marching in place, bend at the hips, about 45 degrees. Bend your elbows, then extend them behind you as if you are lifting weights.



Pro: Loosens your upper body.

Con: Awkward-looking. Several people accidentally whacked things behind them.

3 THE HULK (20 reps)
Keep marching and leaning. With your elbows bent and fists together in front, move your arms back like wings. Try to touch your shoulder blades together.



Pro: Some people make funny sound effects.

Con: Draws attention to the chest area.

4 HAMSTRING CURL (20 reps)
Bend arms at the elbow. Bring one foot up toward your rear end while straightening your arms so that your hands are down when your foot is up.



Pro: Not terribly noticeable.

Con: Requires caution to avoid kicking things behind you.

5 KNEE LIFT (20 reps)
Just like hamstring curls, except you lift your knee up in front as your arms go down.



Wardrobe warning: Impossible in a tight skirt; ill-advised in a short skirt.

Pro: Wakes up the hip flexors and quadriceps.

Con: Requires extra concentration and coordination.

6 HALLELUJAH (20 reps)
Sweep arms above your head and down again as you step side-to-side. Actually yelling "Hallelujah!" is optional.



Pro: Made us smile. Lends a flash-mob feel to even the least coordinated group.

Con: Not the slightest bit subtle.

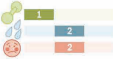
Wardrobe warning: Hemlines will rise on both skirts and shirts.

KEEP MOVING PROJECT

We are a social enterprise “project” of different brands, including **RECESS**, our corporate wellness arm and the primary funding source of our other projects. We also have **Keep Moving Kids**, a non-profit initiative focused on training PE teachers and children in fun and effective fitness and sport methods. We also volunteer to teach fitness and sports within various organizations in Hong Kong and China.

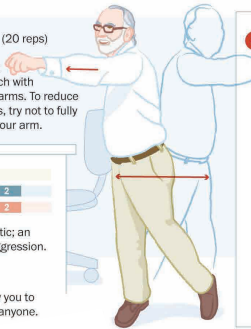
7 PUNCHING (20 reps)

While rocking foot to foot, punch with alternating arms. To reduce elbow stress, try not to fully straighten your arm.



Pro: Cathartic; an outlet for aggression.

Con: Most workplaces do not allow you to actually hit anyone.



8 DESK PUSHUP (10 reps)

Place hands on edge of desk, shoulder width apart, legs out behind you. Push off with as much force as you can.



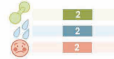
Pro: Not noticeable from across the room. Tough, in a good way.

Con: First, make sure your desk doesn't slide easily.



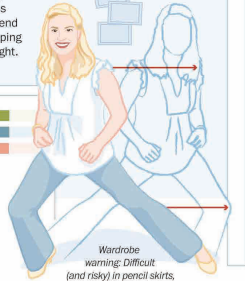
9 SIDE LUNGE (10 per side)

Take a big step to one side. Point toes forward and bend one knee, keeping other leg straight. Push back up.



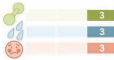
Pro: Doesn't attract much attention.

Con: Can be hard on knees.



10 JUMP SQUATS (10)

Make sure you have space in front of you. Bend into a half-squat with your arms behind you, then jump and swing your arms up as if you're celebrating.



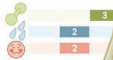
Pro: Best calorie-burner of the moves we tried.

Con: Tall people (or high-hopping short people) will hit eight-foot ceilings.



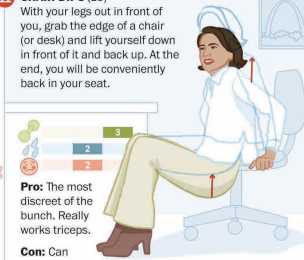
11 CHAIR DIPS (10)

With your legs out in front of you, grab the edge of a chair (or desk) and lift yourself down in front of it and back up. At the end, you will be conveniently back in your seat.



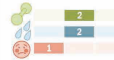
Pro: The most discreet of the bunch. Really works triceps.

Con: Can bother wrists. Be careful if your chair has wheels!



12 WALK (10 min.)

Lap your block or a floor of your office. Try for a pace of 100 steps per minute, which is easy if you don't stop to play with tetchokes on other people's desks.



Pro: No one will notice. Great excuse for a stroll to Starbucks.

Con: Indoor laps get old; outside, you're at the mercy of the weather. Takes more time than a few quick moves at your desk.

