

5 Ways to Keep Moving when you have a Desk Job

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1. Pomodoro Technique

Utilising the pomodoro technique means you will have a 5 min break every 25 mins. Use this as a reminder to jog on the spot or do some quick exercises.

2. Daily Leg Strengthening Exercises

If we have strong muscles in our legs, this can improve the circulation by pumping blood back to the heart more efficiently.

3. Sit on an Exercise Ball

Using an exercise ball to sit at your desk can improve the core muscles. Just make sure you don't slouch!

4. Get a Standing Desk

This can be one of the most beneficial things to your health and is well worth investing in if you can.

5. Drink More Water

You will have to get up when you need a refill and every time nature calls!

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