

# 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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