



Get moving with 7-minute, low-impact 'deskercise'

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These 14 movements can help with flexibility

While teleworking, it is easy to forget to get up and move. With these 14 flexibility movements, each done in 30-second increments, deskercise is a great way to break up the day.

It is recommended to do it two to three times a day.

This [video with Jonathan Loibl](#), from Los Alamos National Laboratory's Wellness Center, shows how to do the movements below. Follow along to get the feel — and remember that everyone is different! Everyone can modify each exercise and movement to their level.

1. Standing forward swimmers
2. Standing alternating knee hugs
3. Standing backward swimmers
4. Standing alternating reverse kick hugs
5. Standing knee to overhead reaches
6. Standing alternating leg kicks
7. Standing joggers
8. Standing shoulder presses
9. Standing squats
10. Standing neck rotations
11. Standing side twists
12. Standing neck side bends
13. Upright crunches
14. Standing joggers

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