

# Up and at 'em! Office Yoga



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# What is CommonHealth?



A close-up image of Morpheus from the movie The Matrix, wearing his signature sunglasses. The image is used as a background for a meme. The text is overlaid on the image in a bold, white, sans-serif font with a black outline. The text is arranged in two columns, one on the left and one on the right, flanking Morpheus's face. The background of the image is a blurred greenish-grey color.

**WHAT  
IF I  
TOLD  
YOU**

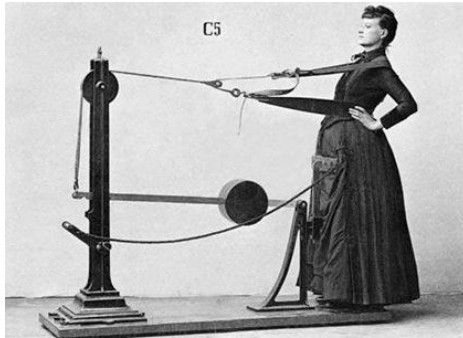
**THAT  
READING A  
POWERPOINT  
ALoud IS NOT  
THE SAME AS  
TEACHING**

# Sitting is the new smoking.

EVOLUTION : COMPUTER & HUMAN



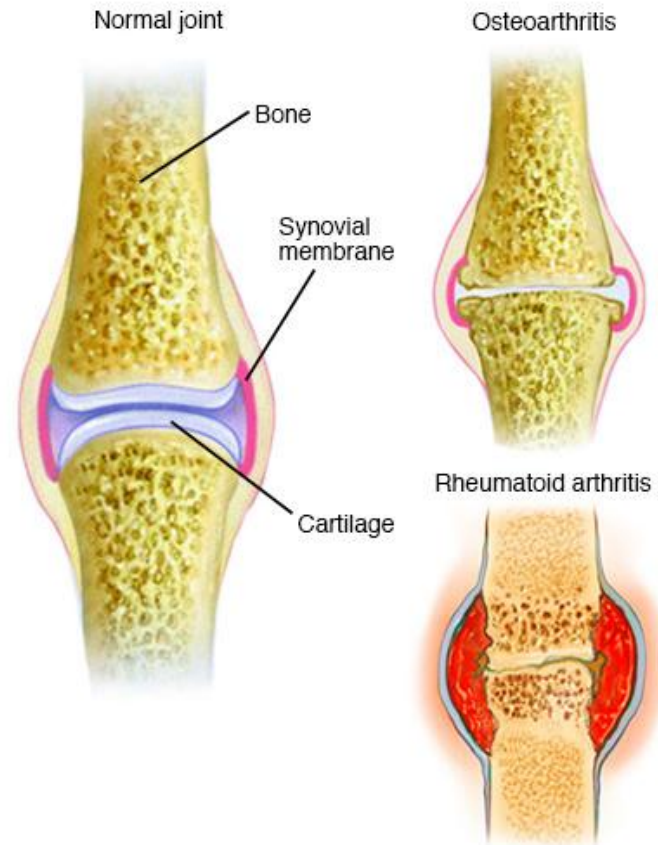
# Who has time for the gym?



- If you can't get to the gym, look at what's around you at work...



# Is it Arthritis?



# How can you protect your joints?



*“Just a little oil and I’ll be fine.”*



# What else may help?

- Supplements
- Acupuncture
  - Yoga
  - Tai Chi
  - Massage



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**“My doctor told me to start my exercise program very gradually. Today I drove past a store that sells sweat pants.”**

*It is important to recognize that there is a difference between the discomfort that is normal with exercise and real pain that signals something isn't right.*

# Try the seven minute workout.



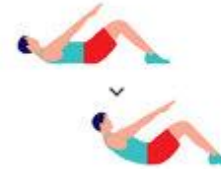
1. Jumping jacks



2. Wall sit



3. Push-up



4. Abdominal crunch



5. Step-up onto chair



6. Squat



7. Triceps dip on chair



8. Plank



9. High knees running in place



10. Lunge



11. Push-up and rotation



12. Side plank

					
Reach for the Sky	Shoulder Shrug	Back Extension	Wrist and Finger Press	Spread Wings	Eyes Around the Clock
					
Ankle/Leg Extension	Invert Palms	Arms Forward and Up	Back Arch	Inhale and Exhale	Flex Wrist Forward
					
Elbow Pull	Hands Over Eyes	Calf Pull	Hands Overhead	Extend and Flex Fingers	Chin Tuck
					
Temple Massage	Thumb Stretch	Arms Side and Up	Hands to Floor	Neck Twist	Extend Arms and Fingers
					
Focus on Infinity	Hamstring Stretch	Standing Body Twist	Elbows Together	Wiggle Hands	Flex Wrist Backward
					
Trunk Twist	Head Side to Side	Extended Arm Rotation	Thumbs Across Palms	Big Wide Yawn	Scratch the Back

# Utilize CommonHealth!

- Invite CH to your office.
- Find a volunteer to be your Agency Coordinator.
- Use our website.
- Check our facebook page.
- Give us feedback!



# Questions?





# Thank You!



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