



National Workplace Wellbeing Day At Home Exercises

Healthy Posture Exercises

When working from home, it is important that we take regular breaks from sitting at a desk. The below exercises can be completed multiple times per day to reduce back stiffness, improve posture, increase shoulder mobility and improve strength.

Upper Body Exercises

Single Arm T Raise [Video Demonstration](#)

- 'Table top' back position
- Use tinned food or bottle for resistance
- Perform 6 – 10 reps each side

Bent over Y – T – I [Video Demonstration](#)

- 'Table top' back position
- Use tinned food or bottle for resistance
- Perform 3 reps of each 'letter'

Lying Y Shoulder Slide [Video Demonstration](#)

- Eyes facing the ground
- Neutral neck position
- Use band or very light resistance

Lower Body Exercises

Bodyweight Hip Hinge [Video Demonstration](#)

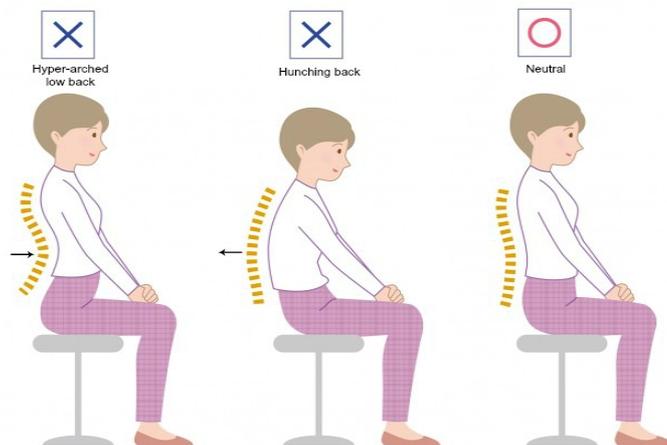
- Bend at the hips
- Maintain flat back
- Brace core muscles

Bodyweight Hip Bridge [Video Demonstration](#)

- Drive heels into the ground
- Either extend and hold, or move hips up and down

Bodyweight Squat [Video Demonstration](#)

- Chest up, eyes and arms forward
- Knees maintain position over toes
- Squat to a comfortable depth



<https://wellnessforlife.com.sg/are-you-sitting-too-straight/>