

Office chair exercise that invigorates your posture and your brain

Marcel Daane, executive mindfulness coach, shares a simple exercise that you can do using your office chair. When performed properly, it can open up your posture and even relieve sitting related backache.

Office Chair Exercise

Step 1: Positioning. Place your office chair in front of you with the backrest to your side. If the backrest is on your left side, step forward with your right leg in front of the chair and rest your left knee on top of the chair.

Make sure the office chair is at such a height that the knee can rest comfortably on the chair while the rest of the body can remain relaxed and upright.

Step 2: Roll-Away. With your left knee still on the chair and your left hand on the backrest, push the chair backwards so the chair rolls away behind you. While doing this, make sure your right leg is slightly bent and your right knee is perfectly over your toes and slightly bent.

In this position, you should begin to feel a stretch in the front of your hip. While in this position, use your left hand to gently turn the backrest left and right until you find the deepest stretch.

Step 3: Up and Over. While in your left hip flexor stretch bring your right arm up and overhead. Keep holding on to the arm rest with your left hand for balance. From here, reach backward with your right arm and follow your fingers with your eyes.

Reach as far back behind you as possible and really try to reach your fingers as far away from you as possible so you optimize your stretch.

Hold that stretch for approximately 5 seconds and bring your right arm up and over to starting position.

Repeat this movement 10 times.

Once completed on this side, transition to the other side and stretch your right hip flexor following the same 3 steps.

