

# How to keep fit

[Health & Medicine](#), [Obesity](#)



Are you slouched in front of a computer all day long? Does your packed schedule leave little time for an honest-to-goodness workout? Having a desk job should not be a reason to slack off on keeping fit. There are ways to squeeze in some workout time to get your body in top form even while in the office.

1. Skip the elevator. By taking the stairs, you can easily get your muscles moving, not to mention burn a lot of calories. It's an inexpensive way to get fit; I actually know someone who uses the stairs to get all the way up to her 16th floor office to lose weight.
2. Get moving. Why not get water from the farthest dispenser or use the copying machine on the other side of the office? Got to talk to a co-worker? Visit her cubicle instead of calling her on the phone.
3. Stand and squat. Line too long at the photocopier? While waiting, perform some simple exercises. Do some wall press-ups by raising your arms and pushing against the wall. You can also do squats by leaning your back against the wall and rolling down until the back of your thighs and legs touch.
4. Sit and stretch. Can't leave your desk? You can do these stretching exercises to relieve yourself of that stiff feeling:
  - Slowly roll your head, alternating clockwise and counter-clockwise, for 10 seconds.
  - Stretch your arm muscles by raising your right arm and touching your left shoulder blade. Hold position for five seconds. Then, raise your left arm and touch your right shoulder blade. Hold position for five seconds.
  - Stretch your chest by clasping your hands behind your back and pulling them away from your body. Hold the position for five seconds.
5. Lift that weight. Get your hands on two reams of A4 paper and use these as you would a pair of dumbbells.
6. Limber up. Do leg lifts while talking on the phone.
7. Out to lunch. Go out for a brisk walk during your lunch break. A body in tip-top shape allows you to

perform your work better. With these tips, you can make the most of whatever time and resources you have to keep physically fit.