The following exercises are to help mobilise your muscles and joints without interfering with your days work and will be especially effective for those of you whose work is predominately sitting behind a desk all day.

These exercises will help to:
- Refresh and Energise the mind
- Reduce joint and muscle stiffness
- Increase blood circulation

Try to perform the following exercises at least once a day and twice a day to get the best results.

Take a 30 second walk around your office after the exercises to promote blood circulation and time away from your desk.

All the above exercises can be done stood up or sat in a chair, they will only take around 3–5 minutes each time, however, the benefits will last for much longer.

REMEMBER: Doing something is better than doing nothing.