

Desk-Based Exercise.

Why It Matters

Sitting for long periods increases risks of cardiovascular issues, type 2 diabetes, and poor posture, which the HSE and the Irish Heart Foundation highlights in its guidance on sedentary behaviour. Breaking up sitting time with short movement or stretching is strongly recommended.

Short Moves for Big Benefits

Use a timer to remind you every 30–45 minutes to stand up or perform simple movements. Campaigns like ‘Every Move Counts’ and the HSE’s ‘Steps to Health’ encourage incorporating movement and taking micro-breaks throughout the day.

Try These Desk-Based Stretches

Here are some easy and effective routines:

Cat–Cow Stretch **(Seated spinal mobility):**

Arch your back on an inhale, round forward on exhale—repeat 5×

Seated Pigeon (hip opener):

Place ankle over opposite thigh and lean forward—hold for a few breaths

Triceps Stretch:

Reach one arm overhead, bend at the elbow, and gently press with the other hand—hold 10–30 seconds.

Leg/Calf Raises:

Sit tall and raise one straight leg or your toes/heels—10–15 reps.

Torso Twists:

Twist your upper body toward the back of your chair—10 reps each side.

Final Tips

- Start small! 1 stretch per timer alert—and build from there.
- Combine movement breaks with posture checks and hydration.
- Consistency is key—those little exercises add up over time!
- Move a bit, feel better, and keep healthy—right from your desk.

