



MATT MARNEY

10 DESK EXERCISES

**REDUCE STRESS &
ENHANCE FOCUS**

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Shoulder Rolls for Relief

Gently roll your shoulders in large circles, both ways. This easy movement increases blood circulation to your upper back and neck, easing inflammation and neck discomfort. Plus, it enhances breathing mechanics for better focus and concentration.



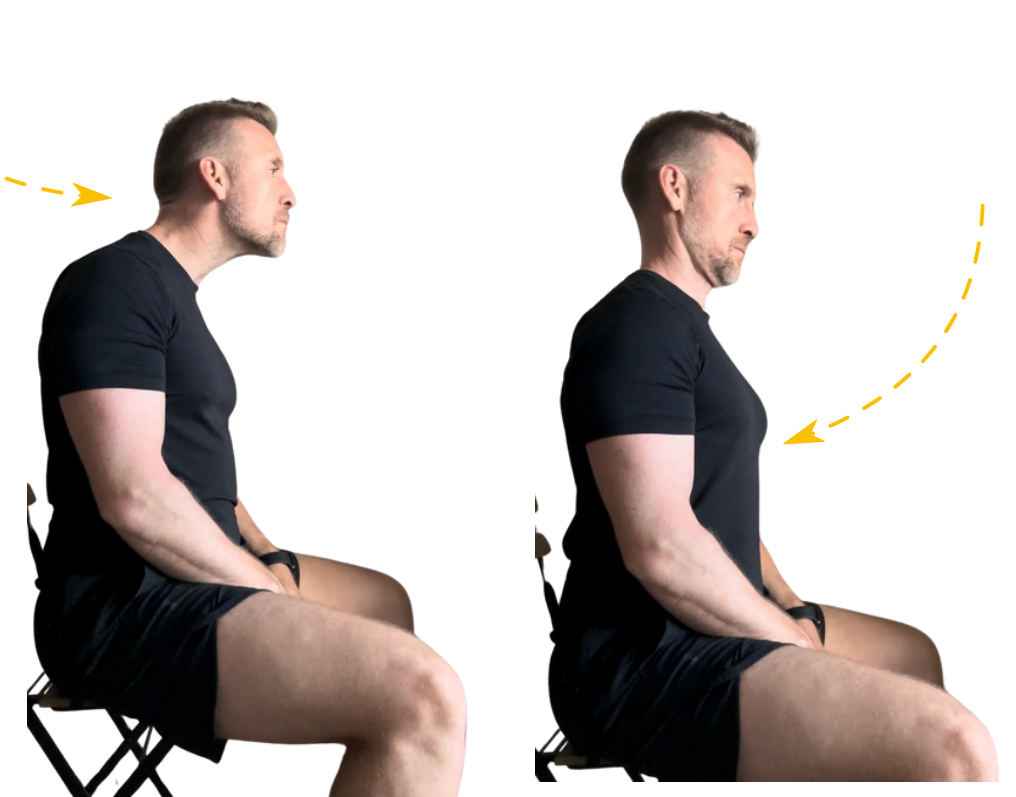
Mid-Spine Rotation for Flexibility:

Place your hands on your chest and rotate your upper body while keeping your head still. Adequate rotation in the mid-spine is key for everyday activities, including walking. Poor rotation can lead to lower back strain.



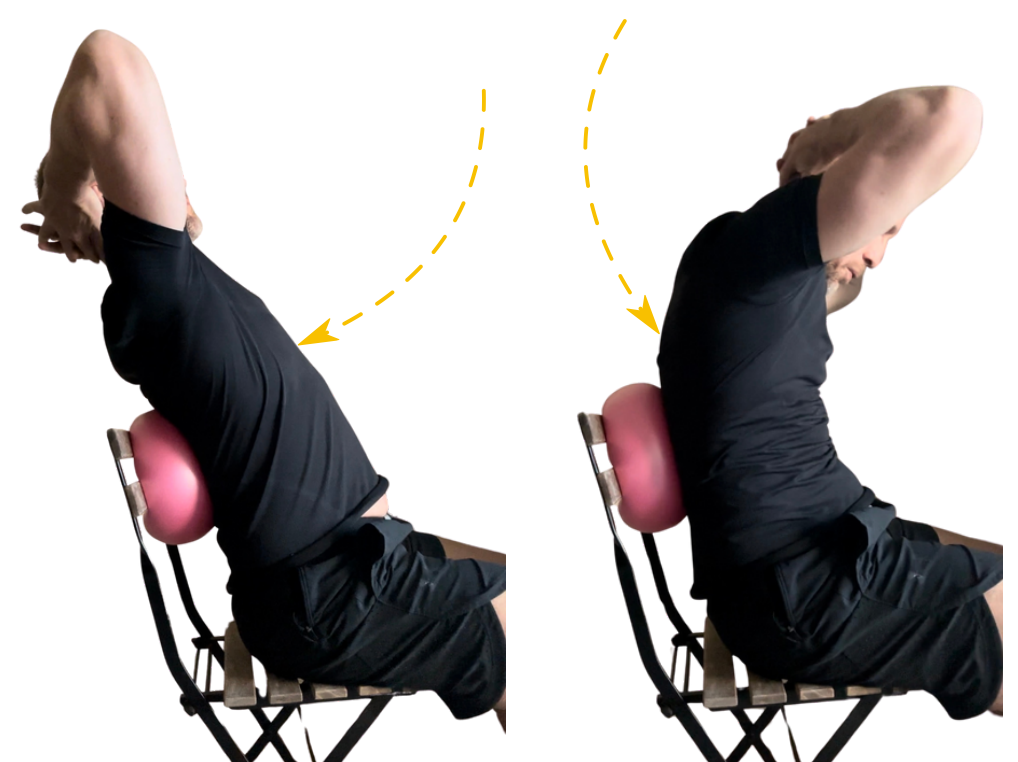
Chin Tuck Stretch for Neck Health:

Slide your head forward then back, elongating the neck's rear. Forward head posture, common in screen or driving time, can lead to neck tension and affect your spine and breathing.



Thoracic Spine Mobility for Better Posture:

Use a soft ball at your shoulder blades, hands interlaced behind your head. Gently extend and rotate your spine over the ball. This improves mid-spine mobility, posture, and breathing, while easing the lower back.



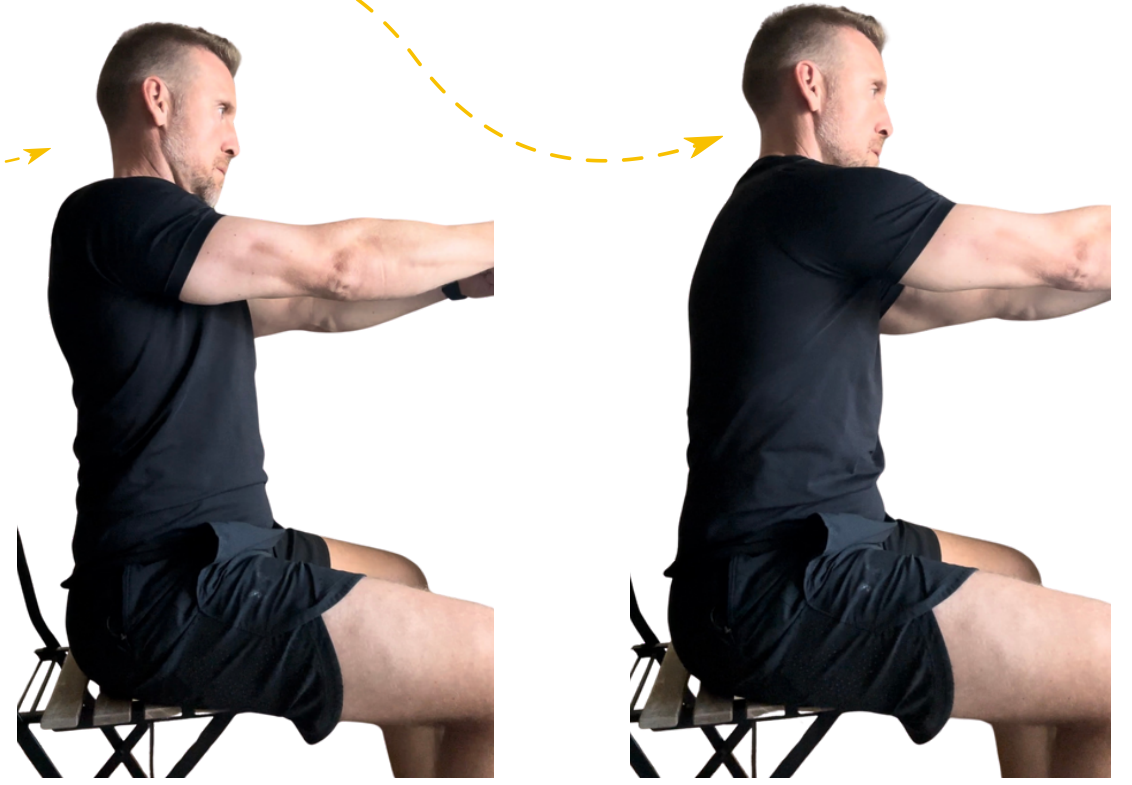
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Shoulder Blade Glides for Arm Mobility:

Extend your arms forward, one hand over the other, and glide your shoulder blades along the ribcage. This motion is essential for the overall mobility of your shoulder joint.



Active Hip Rotation for Joint Health:

Straighten one leg to the side, foot drawn up, and rotate your thigh in and out. This exercise maintains hip rotation, crucial for hip health and reducing strain on your lower back.



Lumbar Support for Comfort:

Place a cushion or towel in your lower back, sitting as far back as possible. This adjustment can relieve stress on your lower back caused by prolonged sitting.



Elevated Sitting on a Cushion:

Simply sitting on a cushion can alter hip angles, ease restrictions, and aid in spine alignment. This minor adjustment enhances breathing and the effectiveness of other exercises.



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Active Sitting at Chair's Edge

Avoid slouching by sitting upright at the front of your chair. This engages your spine muscles, beneficial for all life's activities. Start with short periods and gradually increase your unsupported sitting time.



Sit-to-Stand with Calf and Arm Raises

This whole-body movement enhances overall mobility and stimulates blood and oxygen flow, boosting cognitive function. Start with three reps each hour and gradually increase.



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