

Good Housekeeping



Simple office exercises

Do these exercises to remain alert and energetic in office

a) While sitting, hold in your lower abdominal area tight for as long as possible. Press thighs together, and pull in your stomach. Don't hold breath while doing this. Do this eight times a day. **(b)** Stand straight with feet together, inhale, raise both arms overhead, interlock fingers and stretch arms fully towards ceiling. Exhale and bend towards right. Repeat on the left. Hold posture for 10 seconds. Do 10 sets on each side. **(c)** Blink your eyes several times in a day and do this as fast as possible. **(d)** Turn chin towards right shoulder and slowly move it forward and down in a semicircle towards left. Go to the right and then to the left. Repeat six times. **(e)** Rotate shoulders from front to back and back to front. Repeat six times.

Expert: Nisha Varma, aerobics instructor, Asian Roots, Delhi.