

## Exercise

Exercise can relax the body and mind by improving the cardiovascular system, which helps to bring in more oxygen, easing tension in the muscles. Below are some easy exercises you can do to help reduce the effects of stress. These exercises can be done anywhere and don't take very long, so there is no excuse for sitting on stress!

Exercises are provided by Chiropractor and Strength Specialist Norman Eng, D.C., C.S.C.S. For more information on how to incorporate exercise as a regular routine to combat stress contact Dr. Norman Eng at <http://14thstreetchiropractic.com/>

### Exercise #1 – Desk Push-ups



Stand straight; feet shoulder width apart, hands placed on the desk. Take 4 steps back.

Lean forward keeping your hands on the desk, shoulder width apart and keeping your back straight.



Lower your body to the desk, bend at the elbows; as if doing a push-up and then extend back up.

Do at least 10 repetitions.

Complete up to 3 sets.

### Exercise #2 – Desk Dips



Stand straight in front of your desk, with your palms down; grabbing the desk.

Slowly step forward, approximately 3 feet.



Lower your body to the ground bending at the elbows and then extend back up.

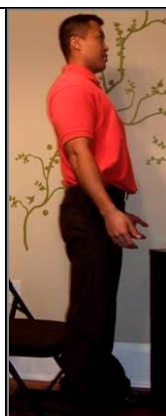
Do at least 10 repetitions.

Complete up to 3 sets.

### Exercise #3 — Chair Squats



Sit straight; feet flat and shoulder width apart.



Slightly lean forward pushing down on your heels until you stand up.

Slowly return to the seated position and repeat for at least 10 repetitions.

Complete up to 3 sets.

### Exercise #4 – Lunges



Stand straight; feet shoulder width apart.

Place your right hand on the desk and step forward with your right foot, slowly bringing your left knee towards the floor, but not touching.



Push down on your right heel and slowly return to the starting position (you should feel your right quadriceps working)

Do at least 10 repetitions with each leg.

Complete up to 3 sets.