

Volunteer Leader Training Guide

Deskercise—Exercise Anywhere There Is a Chair

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Introduction

Most American adults get too little physical activity. Adults spend more than half their waking hours being sedentary. Too little physical activity can negatively affect health, leading to increased chronic disease risk, obesity and premature death. Sitting too long increases health risks even for those who exercise regularly. Research suggests that taking breaks throughout the day to reduce prolonged sitting time is important for good health.

In addition to being sedentary, many Americans are at risk for repetitive stress or strain injuries. Such injuries are not limited to those who spend workdays on desktop computers. Farmers or agricultural workers and factory workers who perform repetitive movements are at risk for musculoskeletal disorders, as well as many crafters who use fine finger motions. This can include painting, needlework, and a whole host of other hobby activities.

Deskercise, or desk exercises, can help reduce repetitive stress injury risk as well as provide opportunity to add physical activity into your day. All of these exercises can be performed anywhere you have a chair. The two exercise routines presented in this lesson, combined with moderate-intensity exercise of at least 150 minutes each week, will help you to stay healthy and be productive.

Target Audience

- EHC Leaders and Members
- Adults

Objectives

To educate individuals on the importance of exercise and teach exercises that can be incorporated throughout the day in a non-obtrusive manner.

Materials Needed

- Teaching guide
- Fact Sheets:
 - Deskercise—Small Joints Are a Big Deal, FSFCS28
 - Deskercise—Sit, Stretch, Strengthen, FSFCS29
- Posters:
 - Deskercise—Small Joints Are a Big Deal, MP523
 - Deskercise—Sit, Stretch, Strengthen, MP524

Suggested Use

After learning the exercises at leader training, incorporate at least 10 minutes of exercise in your monthly EHC meeting. Encourage your fellow EHC members to exercise at home.