



Deskercise

Length: 20min. 30min. 1 hr

Delivery modes: Onsite & Virtual Classes, Pre-recorded classes.

Details: A one hour desk-based workout to boost circulation, increase energy and mitigate the effects of a sedentary lifestyle.

Deskercise is a collection of movements that can be performed throughout the day from one's workstation.

Incorrect seated posture and not taking enough breaks are some of the causes of work-related musculoskeletal disorders such as lower back pain, shoulder aches and repetitive strain injuries such as Carpal Tunnel Syndrome.

Integrating regular pauses for stretching, as well as light forms of cardiovascular and strength exercises, are proactive ways to reduce the impact of sedentary lifestyles.

This one hour workshop takes you through a series of stretches and cardio exercises that can be done from your desk.

The benefits of embedding these movements within the workday include:

- Boosted Circulation
- Mental Clarity
- Increased Energy
- Improved Musculoskeletal Health

Connect with WORKBLIS to discuss requirements - hi@workblis.com