

# LUNCHTIME OFFICE WORKOUTS



Start every workout with 5-10 minutes of warm-up exercises (e.g. dynamic stretching, jogging on the spot, jumping jacks) and end with 5-10 minutes of cool-down stretches.



Safety first! Do consult a health professional if you are unsure about a new exercise and take the Get Active Questionnaire (GAQ) before exercising. Always build intensity gradually and stop if you feel unwell.

1



**Squats (45 secs)**  
Rest 15 secs

2



**Jog On The Spot (45 secs)**  
Rest 15 secs

3



**Water Bottle Shoulder Raises (45 secs)**  
Rest 15 secs

4



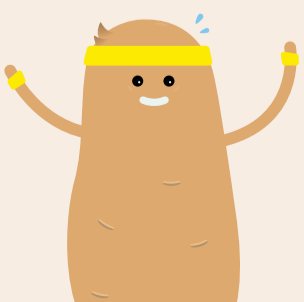
**Chair Dips (45 secs)**  
Rest 15 secs

5



**Wall Sits (45 secs)**  
Rest 15 secs

**Repeat  
Steps 1-5  
two more  
times**



Aim to meet the recommended minimum of 150-300 minutes of moderate-intensity aerobic physical activity and at least 2 days of muscle-strengthening activity weekly.



Discover more ways to stay active at [moveit.gov.sg](https://moveit.gov.sg) or download the H365 app now!