

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 or download the H365 app now!