

Exercises for improved comfort

Fitness and wellness at work – with small exercises in between

The height-adjustable desks convince everyone when used correctly. Analyses of the Federal Institute for Occupational Safety and Health confirm that active workplaces are accepted and used, and thus result in many positive effects. Of course, the adjustment of the table height must not become or be a duty or a “play”. However, because the human being accepts an environment with increased comfort, this will quickly become a habit.

Simple moving exercises during standing help the venous muscle pump with its work. Then only through movement will it activate and transport blood more frequently against gravity towards the heart. Furthermore, balance can be improved e.g. when making phone calls, if you lift a leg off the ground now and then.

An active workplace supports the human being in his/hers health awareness. Furthermore, your health and well-being will be increased when activity and change has a high priority outside of your working life. Therefore, the motion potential should also be utilised as intensively as possible in your everyday life. If attention is attracted to these aspects, a cycle of activity is created. Finally, this leads to physical and mental performance enhancement!



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A professor of prevention and rehabilitation in sports and spokesperson of the Institute for Health, German Sports University Cologne. Together with his colleagues, he has made this brochure and the following exercises.



Standing on tiptoe

Strengthening of your calf muscles. Place your feet so that they are in line with your hips and lift your heels slowly to tiptoe position and keep this position for a short moment. Hereafter, lower your heels steadily to the starting position.
Duration: 1-3 minutes



Stable standing on one leg

Stimulation of your balance ability. Hold your balance stable standing on one leg. Your buttock muscles are strained, which stabilises your hips. Raise the level of difficulty by staying tiptoe on one leg or shift of weight on front and hind foot.
Duration: 1-3 minutes. Hold the weight on one leg for 15-20 seconds. Hereafter changeover.



Leg stretcher

Strengthening of your hips and thigh muscles. Standing stable on one leg move your thigh upward. Now slowly lower your lower leg with tightened toehold in forward direction.
Duration: 1-3 minutes. Repeat 8-12 times per side. Hereafter changeover.



Leg stretcher

Strengthening of your hips and thigh muscles.

Standing stable on one leg move your thigh forward. Now slowly lower your lower leg with tightened toehold in forward direction.

Duration: 1-3 minutes.

Repeat 8-12 times per side.

Hereafter change over.



Calf stretcher

Stretching of your calf muscles.

Go down in your knees, make an easy step position and lean on the desktop.

Bend your front leg in the knee joint.

Stretch your rear leg and keep your heels down on the floor. Now move your hip forward until you feel a slight strain in your calf muscles.

Duration: 1-2 minutes. Hold the weight for 15-20 seconds. Hereafter change over.



Knee flexer

Strengthening of your rear thigh muscles.

Standing stable on one leg, pull your lower leg of the non-supporting leg slowly backward upward until the leg is parallel with the floor.

The knee of the non-supporting leg remains in the same height as the supporting leg. Duration: 1-3 minutes. Repeat 10-15 times per side. Hereafter change over.



Desk rest

Strengthening of your upper extremities. Place your feet so that they are in line with your hips and rest your slightly flexed elbows on the desk. Tense your torso muscles and flex your arms until 90°. Keep your elbows in torso height.
Duration: 1-4 minutes. Repeat 10-15 times per side. Hereafter a break of 30 seconds.



Professional standing on one leg

Stimulation of your balance ability. When mastering balancing stable standing on one leg make the exercise on a labile surface (e.g. a gymnastics / exercise mat or a folded towel).
Duration: 1-3 minutes. Hold the weight on one leg for 15-20 seconds. Hereafter changeover.



Knee lifting

Strengthening of your thighs and buttocks muscles. Place one foot in front of the other and lift the heel of your rear leg from the floor. Bend your front leg. Your front knee must not project your toes.
Duration: 1-3 minutes. Repeat 10-15 times per side. Hereafter changeover.