

Office-Friendly Exercises to Stay Active at Work

**The Fitness Challenge Workshop
October 29, 2025**

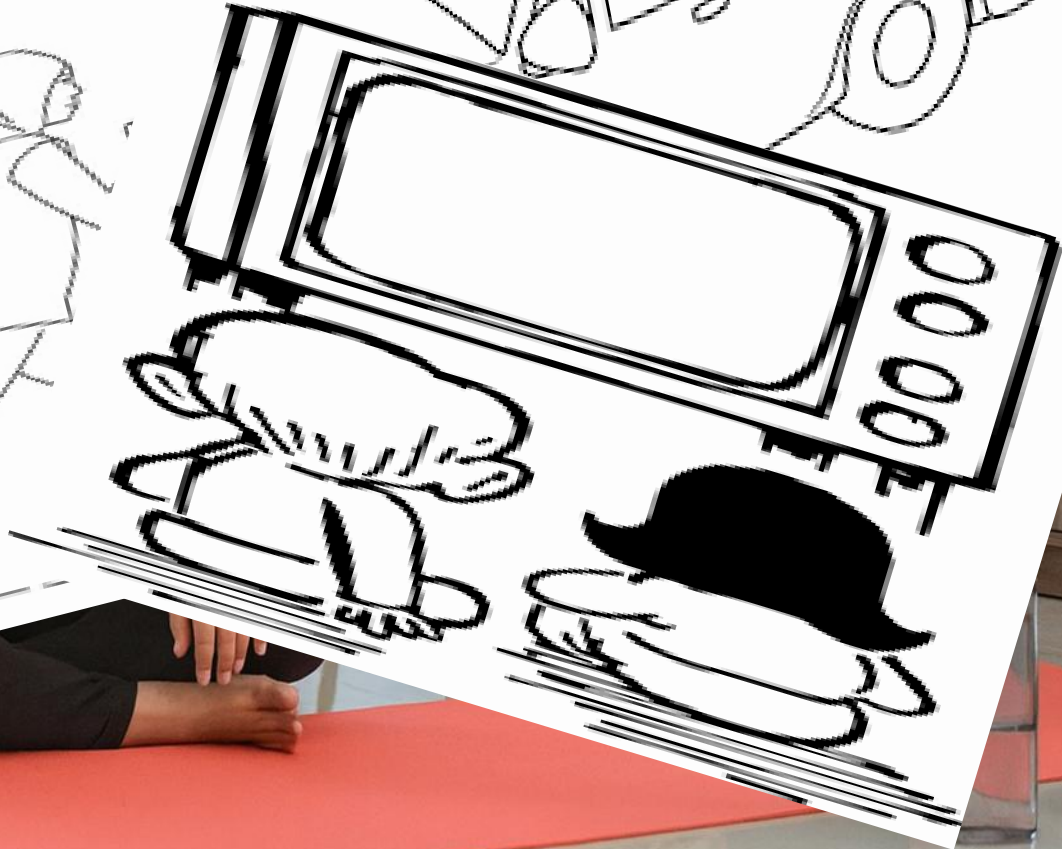
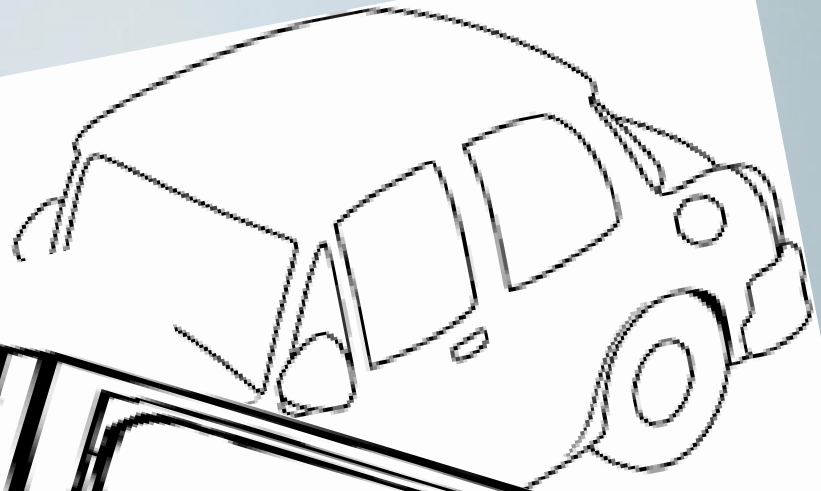
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Intentions for Today

- ✓ The challenges of the 21st century
- ✓ Physical activity behavior today
- ✓ Tips for office-friendly workouts



The Challenges of the 21st Century



Did you know?

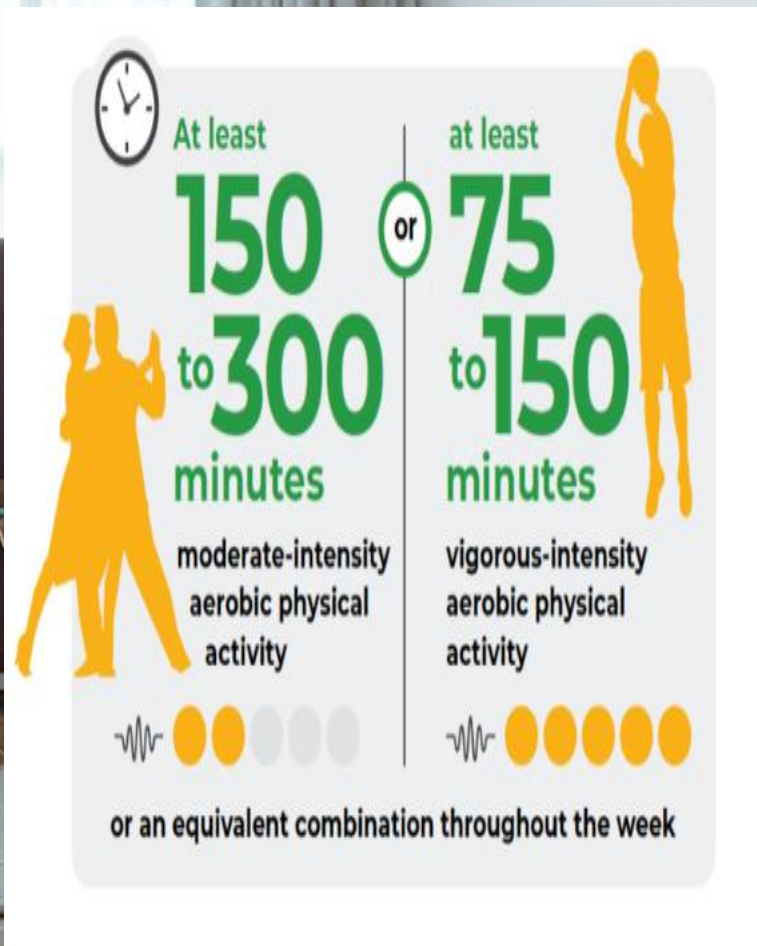
The UAE has one of the world's highest prevalence rates of type-2 diabetes at 16.3%.

It is estimated that 1 in 5 Emirati people have the condition, which is expected to double by 2040.

- Nearly 58% of the UAE adult population self-reports as being physically inactive
- Both males and females spent ~80% of waking hours in sedentary behavior

How many hours do you sit per day?

WHO's Physical Activity Guidelines for Adults



Proper Sitting Posture



**Shoulders
relaxed**

**Back
support**

**Arms
support**

**Thighs
horizontal**

**Feet flat on
the floor**

Tips for Office-Friendly Workouts?

How to Get Started?



Desk-Friendly Exercise Session

- ✓ 12 exercises, each done for ~15-30 seconds with short rests
- ✓ 2-3 mini circuits (Upper Body, Lower Body, Full Body + Stretch) or select from the menu
- ✓ Seated/Standing
- ✓ Gym resistance band/Towel

Circuit 1: Upper Body Energizers (Seated/Standing)

Shoulder Rolls Forward/Backward

Neck Mobility Circles (gentle!)

Overhead Reaches

Wrist & Finger Flex/Extend Stretch

Circuit 2: Lower Body Activators

Seated Leg Lifts / Hold

Seated or Standing Marching

Heel Raises (Calf pumps)

Chair Squats or Wall Sits (optional)

Circuit 3: Whole Body + Stretching

Standing Torso Twists

Desk Push-ups or Wall Push-ups

Forward Fold & Hamstring Stretch
(seated or standing)

Chest and Shoulder Openers

Cool Down & Breathing

Deep breathing + seated or standing stretching

Shoulder-to-heel relaxation

End with 3 energizing breaths

Takeaways

- ✓ Move every 30–60 minutes
- ✓ Posture checks throughout the day
- ✓ Movement snacks > Limit sedentary hours
- ✓ Timers
- ✓ Stand-up meetings
- ✓ Desk stretching breaks

Find more tips at:

<https://www.artograsten.fi/materials/>



Thank you!

