

# MOBILITY MATTERS: 8 WAYS TO KEEP MOVING WHEN WORKING FROM HOME

Working from home can have a big impact on your levels of physical activity during the day, leaving you feeling sluggish, stiff and even sore. In the longer term, not keeping active on a regular basis can affect the range of motion of our joints, as well as increase the risk of injury. As experts in joint health and mobility, we understand how important it is to keep moving and we've put together some handy exercises to give your muscles and joints some much needed action.

SO,  
STEP AWAY FROM  
YOUR DESK AND TAKE  
A WELL DESERVED  
BREAK TO GET YOUR  
WHOLE BODY MOVING AND  
KEEP YOUR MOBILITY  
AT ITS MAXIMUM  
POTENTIAL.

## 1 THE THIGH BURNER

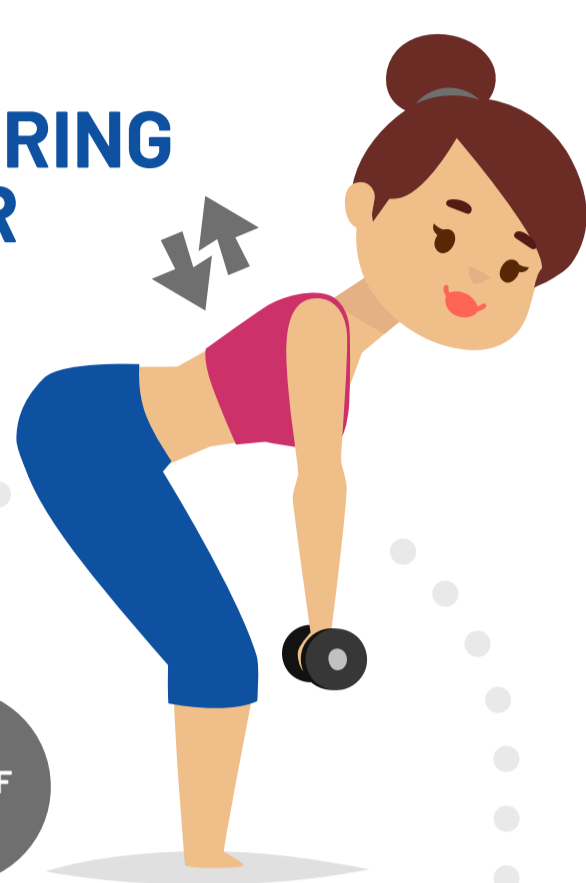
An easy one to do while waiting for the kettle to boil, with your legs just over hip distance apart and feet slightly turned out, keep your back straight as you squat down into your heels before pushing back up to standing.



3  
SETS OF  
12

## 2 THE HAMSTRING STRETCHER

**TOP TIP:**  
If you don't have  
dumbbells handy, a  
couple of tin cans  
work well for this

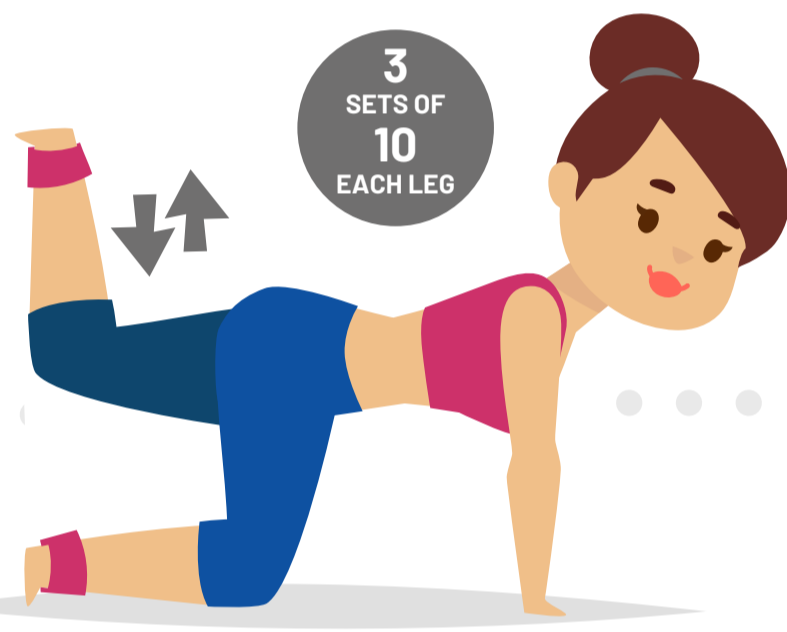


3  
SETS OF  
10

This move is a wake up for the entire body - ideal for when you've been sitting down for long periods of time. Place your legs hip distance apart and keep a slight bend in your knees as you hinge at the hips, bending over while keeping a long spine. Eyes front, slowly return to standing while squeezing your glutes.

## 4 THE GLUTE TONER

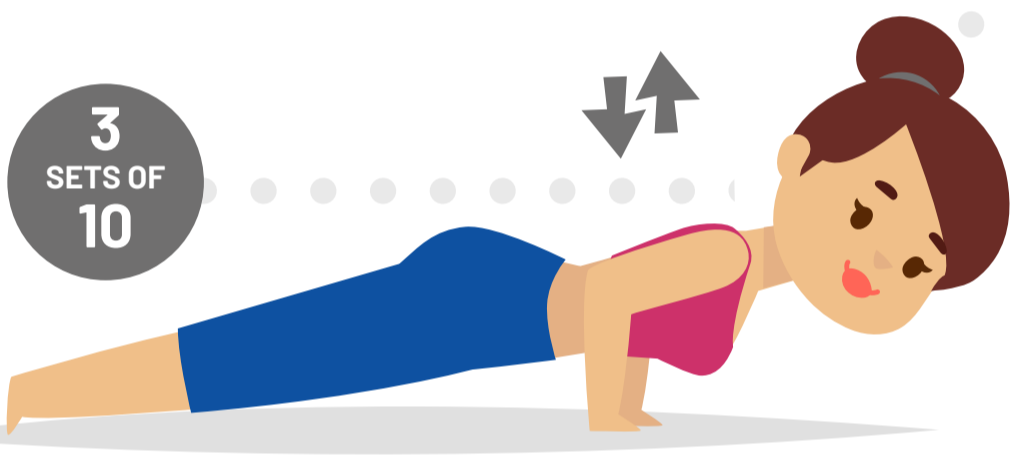
You'll feel the burn with every kick on this move! In a box position, with hands under the shoulders and a straight back, drive your heel towards the ceiling, squeeze your glutes and abs before bringing back down.



3  
SETS OF  
10  
EACH LEG

## 3 THE ARM STRENGTHENER

3  
SETS OF  
10

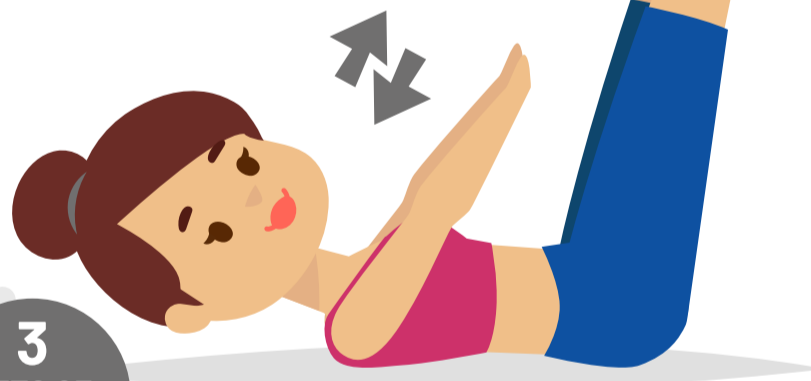


In full press up position or with your knees to the floor and feet lifted, bend your elbows and lower to just above the ground, push back up and repeat. How low can YOU go?

## 5 THE CORE CRUNCHER

Time to blast those abs. Lying on your back with bent knees and feet on the ground, place your hands behind your ears and curl upwards before returning to the floor.

**TOP TIP:**  
For an added  
challenge, try lifting  
your legs to a  
45-degree angle



3  
SETS OF  
12

## 6 THE HIP MOBILISER

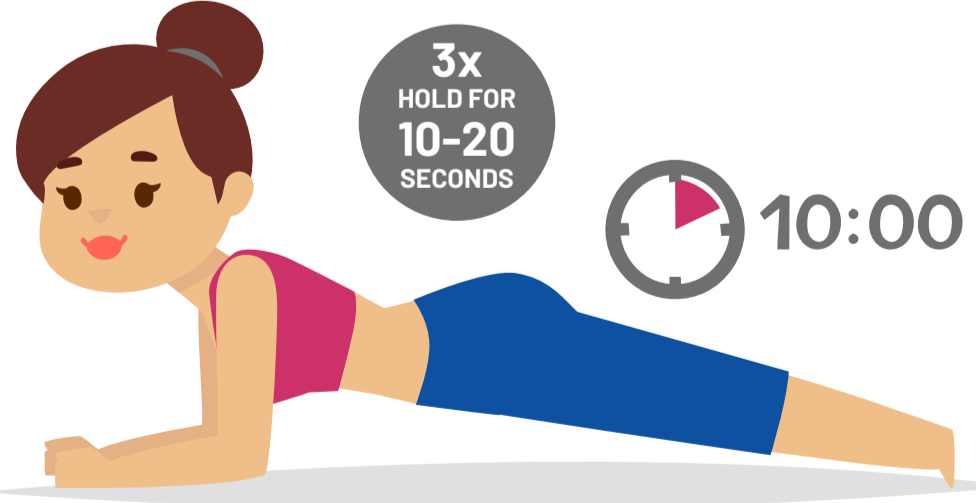
3  
SETS OF  
10



Long days spent sitting down can cause discomfort in your hips, so get them mobilised with this powerful move. Lying on your back with knees bent and heels close to your glutes, lift up from the hips while keeping your core engaged. Hold for a few seconds before returning to the floor.

## 8 THE FINISHER

Lie on your front with your forearms on the floor and elbows tucked in. Push up until you're parallel to the floor. Squeeze your glutes and abs and hold for 10 to 20 seconds (or even longer if you can!).

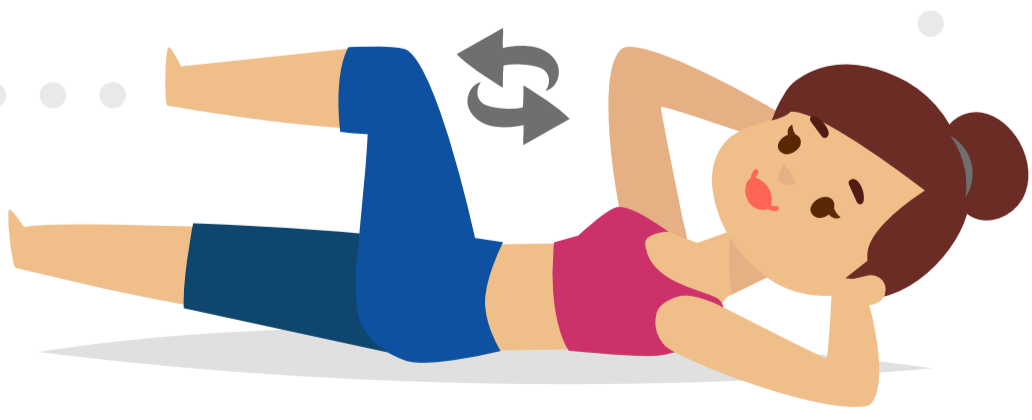


3x  
HOLD FOR  
10-20  
SECONDS

10:00

## 7 THE SIDE BLASTER

3  
SETS OF  
20



It's time to twist! Lying on your back with knees at a 45-degree angle, hands behind your ears and elbows out, twist and bring your right elbow to meet your left knee. Swap sides and repeat

## FEELING MOBILISED NOW?

Make sure to have a quick stretch and cool down to complete your workout. You can also share your workout and your own top tips for keeping moving while working at home using the hashtag **#staysafestaymobile**.

To find out more about how we support optimal joint health and mobility for individuals of all ages, please visit: <https://www.bioiberica.com/en/products/human-health/healthcare>

