

Mountain Peaks Family Practice of Orem, UT Offers Easy Exercises While Working from Home

Would you believe that you can get fit while you're on a virtual meeting? Exercise without leaving your desk or even turning off your camera in some cases!

OREM, UT, US, April 20, 2021 /EINPresswire.com/ -- Would you believe that you can get fit while you're on a Zoom meeting? Well, it's true! You can exercise without leaving your desk or even turning off your camera in some cases! While these simple exercises won't give you rock-hard abs anytime soon, you can beat some of that office (or home office) flab.



“

Working from home is becoming the new normal. Staying healthy doesn't have to be inconvenient, but we recommend everyone make it a priority. When you have health concerns, we're here for you.”

Dr. Robert G. Durrans

"Working from home is becoming the new normal," said Dr. Rob Durrans from Mountain Peaks Family Practice. " Staying healthy doesn't have to be inconvenient, but we recommend everyone make it a priority. When you have [health concerns](#), we're here for you."

Here are a few exercises that can be performed nearly anywhere.

Basic Exercises

1. Sit and Stand–no hands allowed! Stand and sit without

the help of your hands for 20 reps. This can actually be rather challenging because we use our hands so often!

2. Sit on an exercise ball. You can strengthen many muscles just by the way you sit. So swap out your chair for an exercise ball and watch your legs and back lose their flab! It takes a lot of work to stay balanced. (Note: we don't recommend this in tandem with the above step!)

3. Shake your head. Doing this slowly and repeatedly can help ease neck pain. You can ask yourself silly questions while you do this too, just to relieve mental tension.

4. Make air circles. Making fists, stick out both arms in front of you. Then rotate your arms in small circles ten times. Reverse. Shake it all out.

5. Shrug. Inhale as you lift your shoulders up to your ears. Hold. Then release and drop. Repeat three times.

6. Leg extensions. This one looks a little bit silly, but it's easy to hide under a desk. Hold the sides of your chair for stability and stretch out your legs in front of you, holding them parallel to the floor. Point and flex your toes five times. Let your legs release back to the floor. Repeat.

7. Stretch your back. Give yourself a "hug" by putting your right hand on your left shoulder and vice versa. Inhale deeply and exhale slowly. This releases the tension in your back between your shoulder blades.

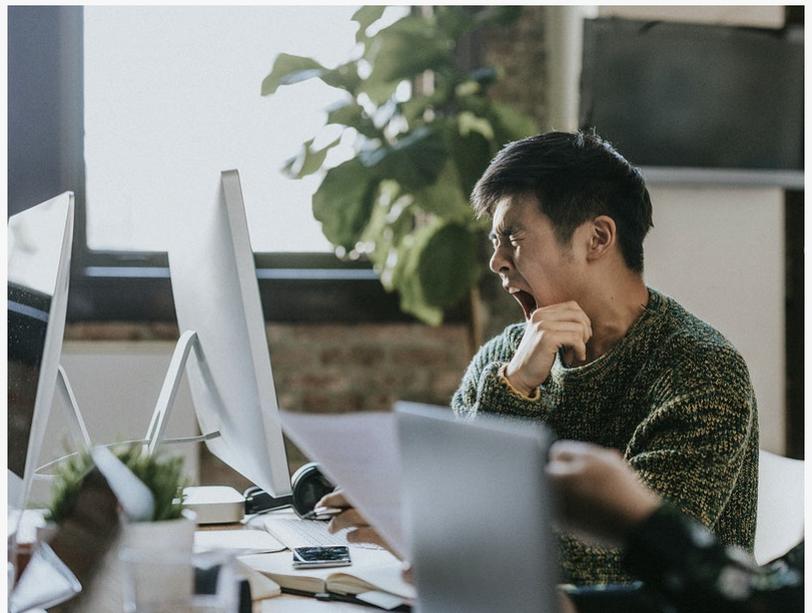
Get Up and Walk!

Even these exercises won't substitute for getting up and walking around on your breaks. Go take a short walk around the house or yard if you can't go too far. You can also:

- Stair step up and down your staircase
- Grab some weights and work those arms
- Make time to walk or exercise when you're not on the clock
- Walk or bike around the neighborhood
- Enjoy some fresh air at least once a day



The Mountain Peaks Family Practice team



About Mountain Peaks Family Practice

Mountain Peaks Family Practice has been servicing Utah Valley patients for many years. Since our beginnings, we have grown to be an amazing family practice today. We offer a variety of services to ensure that you and your family are properly cared for. Our services span all ages and a wide range of medical needs. We are the simple solution for families.

We understand the importance of having a [team](#) of professionally trained doctors, nurses, and staff to care for you and your family. Learn more about our personable and professional team members who look forward to assisting you with all of your healthcare needs.

To find out more about the services we offer and the doctors on staff, please visit <http://mountainpeaksfamilypractice.com>.

Mountain Peaks Spokesperson
Rainboost Digital Communications
+1 801-361-6600

[email us here](#)

Visit us on social media:

[Facebook](#)

[Twitter](#)

This press release can be viewed online at: <https://www.einpresswire.com/article/538830663>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2021 IPD Group, Inc. All Right Reserved.