

# Desk Movement Breaks

Body & health

Short movements that fit into a working day without changing clothes.

*Nothing here needs equipment or space.*

## Every hour

**Stand and walk 60 seconds**

**Ten sit-to-stands from the chair**

**Shoulder rolls, ten each way**

**Look at something 20 feet away**

## Twice a day

**Doorway chest stretch**

**Hip flexor lunge, both sides**

**Neck side bends**

**Wrist flexor and extensor stretch**

## Habit stacking

**Stand for every phone call**

**Walk to the furthest kettle**

**Take stairs by default**

**Walking meetings when possible**

Breaking up long sitting has measurable benefits even when total daily activity stays the same.