1. Face a wall, standing an arm’s length away with feet shoulder-width apart.
2. Lean your body forward with your palms flat against the wall and shoulder-width apart.
3. Bend your elbows and slowly lower your upper body toward the wall.
4. Hold for about 1 second. Then, slowly push yourself back until your arms are straight.

LOGGING MILES BEHIND THE WHEEL?
STUCK AT AN AIRPORT?

Keep resistance bands in your car or suitcase, so you can exercise your upper and lower body in just a few spare minutes.

1. Stand on the band with feet shoulder-width apart, and hold the handles next to your shoulders so the band is behind the back of your arms.
2. Slowly sit down and back into squat position, keeping your abdominals tight and chest lifted.

ANOTHER OPTION IS DOING PUSH-UPS AGAINST ANY WALL OR DOOR TO EXERCISE YOUR ARMS.

1. Face a wall, standing an arm’s length away with feet shoulder-width apart.
2. Lean your body forward with your palms flat against the wall and shoulder-width apart.
3. Bend your elbows and slowly lower your upper body toward the wall.
4. Hold for about 1 second. Then, slowly push yourself back until your arms are straight.

TARGETED MUSCLES:
ARMS, SHOULDERS, AND CHEST

WELL-BEING BREAKS:
Support our Better Tomorrow 2025 commitment
Bring physical activity and mental balance into the work environment
Reinforce our culture of health and well-being
Require only 5-10 minutes
Can take place anywhere
Help us stay active & thrive
OTHER EXERCISES:

ARM & SHOULDER STRENGTHENER
- Straighten both arms to the side (if in a car and you are not driving, open your window).
- Position your left palm up and your right palm down.
- Start switching your palms from up to down.
- Do 50 times. Rest for 10 seconds and repeat.

OTHER EXERCISES:

SEATED TWIST
- Sit with your feet planted on the floor and arms resting beside you.
- Straighten your back and twist to your right, placing your left hand by your right side.
- Alternate sides. Do 20 twists.

CALF RAISES
- Get on your toes, hold and come back down. Aim for 50 raises.

LEG RAISES
- Stand on one leg while lifting the other one as high as possible to your hips or chest.
- Hold and balance for 5 seconds or longer, engaging your stomach muscles.
- Alternate legs and repeat.