



**Active
at work:
incline
desk
push-ups!**

Resistance training improves bone mass and strength, preventing osteoporosis.



1. Stand away from desk and place palms on desk edge, shoulder width apart.
 2. While curling toes upward, push your body away. Hold for 2 seconds then repeat.
 3. Ensure that your back and neck remain straight, and your core is engaged throughout.
- Do for 60 seconds.

Muscles worked: triceps, pectorals, scapular and rotator-cuff muscles.



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