

Desk-ercises

Let's face it, the human body wasn't built to spend 8 (or 10, or 12) hours a day at a desk. So, if you need a quick stretch, a moment to de-stress, or want to get pumped up like Strongman, the desk toys are here to help you get some movement and meditation. And remember, a healthy IT pro is a happy IT pro, so go at your own pace and don't attempt any exercises you don't feel comfortable with.



GOOGLEY EYES PRESENTS:

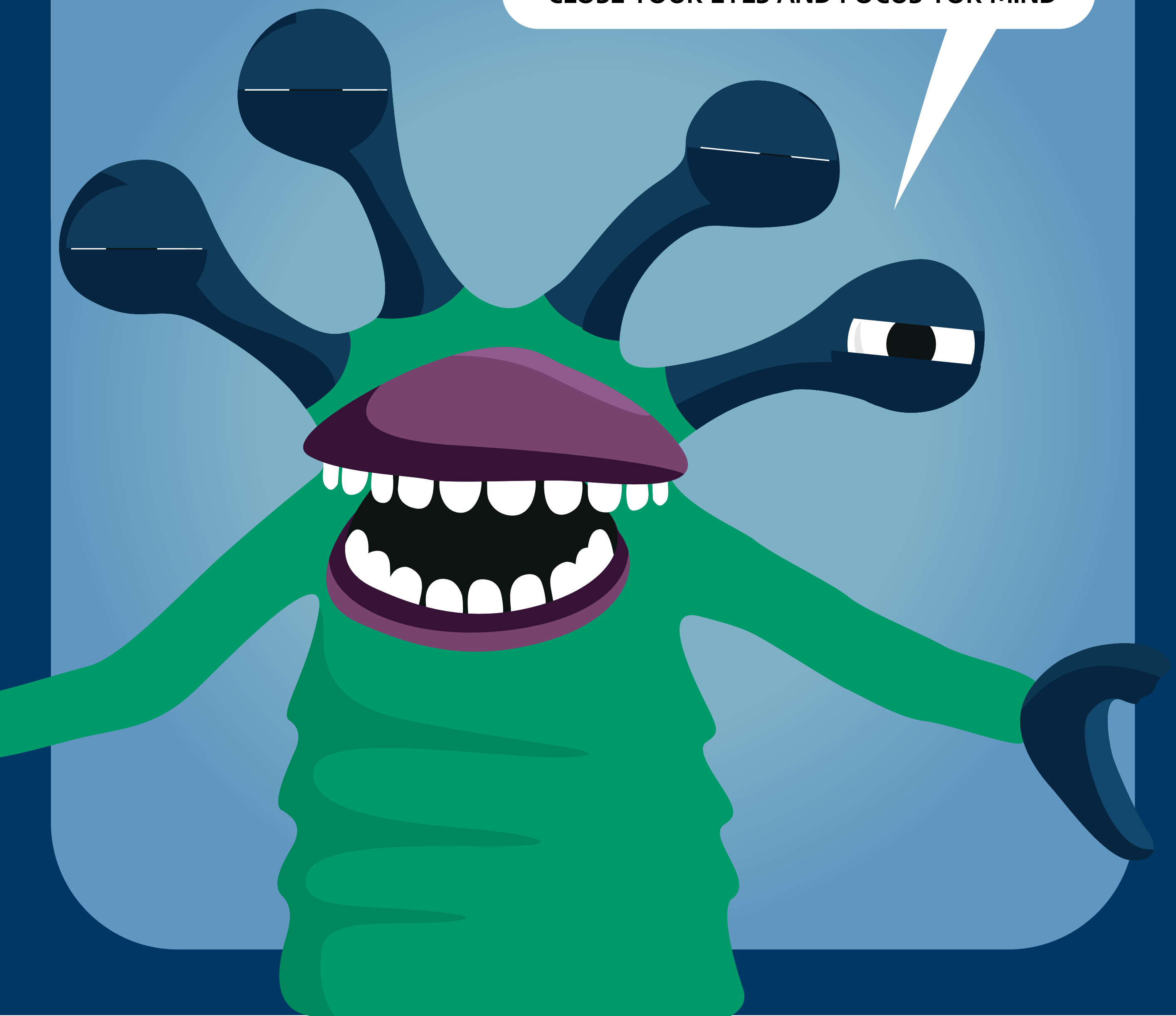
4-7-8 breathing

WHAT IT'S FOR:

Simple breathing exercises like this can reduce anxiety in those moments when things get hectic. (Otherwise known to IT pros as Monday. Or Tuesday. Or Wednesday...)

- 1 Take a deep breath in through your nose while counting to **FOUR**.
- 2 Hold that breath while counting to **SEVEN**.
- 3 Exhale slowly through your mouth while counting to **EIGHT**.
- 4 Repeat four times.

CLOSE YOUR EYES AND FOCUS YOR MIND



STRONGMAN PRESENTS:

Water bottle bicep curls

WHAT IT'S FOR:

Strengthen your biceps and wrists so you can hoist server racks with the greatest of ease.

- 1 Grab a full water bottle, can of Cold Reboot, quadruple extra large iced coffee, etc.
- 2 Using the bottle as a weight, curl your forearm toward your shoulder.
- 3 Repeat 10-20 times per arm.

A FEW OF THESE AND YOU'LL LOOK LIKE ME!



ZOMBIE PRESENTS:

Horizontal arm extensions

WHAT IT'S FOR:

Loosen up those stiff arms and shoulders from hours in "desk pose" and become the limber IT pro you were always meant to be.

- 1 **Extend one arm out in front of you, palm facing up.**
- 2 **With your other hand, grab the fingers on your extended hand and pull it down.**
- 3 **Repeat with other arm.**



ZEN FROG PRESENTS:

Desk chair lifts

WHAT IT'S FOR:

Work your arms and your core muscles and rise above the fray of the day.

- 1 Sit straight in your chair with your legs crossed underneath you.
- 2 Using the arm rests, slowly lift yourself a few inches off of the chair.
- 3 Hold this position for 10-20 seconds.



MONKEY PRESENTS:

Side stretch

WHAT IT'S FOR:

Reduce lower back stiffness so you're ready to leap out of your seat at a moment's notice to help end users change their passwords.

- 1 Sit straight up in your chair and raise your right arm above your head.
- 2 With your left hand, grab your right wrist and pull it slowly to the right.
- 3 Hold for 10 seconds. You should feel a stretch on your right side.
- 4 Repeat with the opposite side.



TEETH PRESENTS:

Jaw stretch

WHAT IT'S FOR:

Jaw exercises can help relieve TMJ (temporomandibular joint) pain caused by stress, poor posture, and long hours in front of screens.

- 1 Place your thumb under your chin.
- 2 Using your thumb as resistance, slowly open your mouth.
- 3 Hold for 3-6 seconds, then close your mouth slowly.
- 4 Repeat 3 times.

DON'T LET THE DAILY GRIND WRECK YOUR JAW!



Stressed about power management? We can help with that, too.

We hope these quick de-stressing tips were a helpful break in your day. As always, we're here to help with all of your power management needs.

SwitchOn.Eaton.com

