WorkWELL

Active Workplace Challenge

Waiting for your coffee? Waiting for the microwave?

PERFORM 10 SQUATS

This is a great exercise to open up your hip flexors after hours of sitting.

Squats can help burn more fat! Muscle development is one of the most time-efficient ways to continually burn calories.

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Wellness AtoZ

How to do a proper squat:

1. Stand facing forward with feet hip distance apart.
2. Put your weight in your heels and lower down, bending at the knees like you are sitting in an imaginary chair.
3. Pushing through your heels, lift up out of the squat and come to neutral standing position.
4. Repeat.