

Mayo Clinic Minute: '5 Fabulous Exercises' you can do without leaving your desk

Video	Audio
	It's important to incorporate movement into your day as much as possible. But that can be difficult if you're stuck at a desk and don't have much time for exercise.
Dani Johnson Wellness Physical Therapist Mayo Clinic	Dani Johnson, a wellness physical therapist, says Mayo Clinic came up with a solution that can help people squeeze in some exercise throughout their day without having to leave their desk.
	"We wanted to design five really simple exercises that you can do with a desk and a chair in a very small space so that you can work movement into your day."
	She calls them the "5 Fabulous Exercises."
	They are chair pushups, desk pushups, chair squats, toe raises and sidekicks.
	Johnson says doing these series of five exercises only takes a few minutes, and it's designed to be done periodically throughout your day.
	"If you do that four or five times throughout the day, you've really gathered a great deal of resistance training, body weight exercises in a very short period of time spread out throughout your day."
	For the Mayo Clinic News Network, I'm DeeDee Stiepan.