

Workout at Work: Wall Sit



It's a hands-free activity, so you can knit. Or snap. Or jive. Or mime.

If a really cute kitten could sit on your lap, your form is perfect.

Just pretend you're sitting on a throne.



It works every major muscle in your legs, so you can reconsider becoming a soccer superstar.

Lean against the wall with your feet shoulder-width apart. Slide down as much as possible or until your knees reach a 90 degree angle and hold. Hold, hold, hold, and hold.




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