Get Up Offa That Thing

Don’t let your desk job leave you feeling stiff. Take some time to do a little moving and shaking throughout the day in the comfort of your office space. But you don’t have to stop there—wander around the office or take a stroll outside from time-to-time, too. These simple steps are sure to help you move naturally to well-being.

1. Livin’ On A Prayer
   Palms together, fingers pointing up, push hands down.
   10 seconds

2. Like A Prayer
   Palms together, fingers pointing down, pull hands up.
   10 seconds

3. Can’t Touch This
   Hands together, fingers interlaced, extend arms with palms reaching forward.
   10–20 seconds

4. Thriller
   Arms behind back, grab wrist with opposite hand and pull while tilting head to the side. Reverse and repeat.
   10–12 seconds/side

5. Pump It Up
   Arms above head, grab ahold of opposite elbows, lean side to side.
   8–10 seconds/side

6. Straight Up
   Fingers interlaced, pull arms over head with palms reaching up.
   10–15 seconds

7. I’m Your Boogie Man
   Arms at sides, roll shoulders up and back.
   3–5 seconds, 3 times

8. Get Back
   Sit down, place hands on lower back for support, lean back.
   10-15 seconds

9. The Twist
   Cross one leg over another, take opposite arm to knee, twist towards open side.
   8–10 seconds/side

10. Shake, Rattle & Roll
    Arms at sides, shake hands out.
    8–10 seconds