



Exercise at Your Desk

Is sitting at your desk all day leading to muscle tension or aches? LinkedIn Learning can help! Use the QR codes or links below to access guided stretches and exercises you can do at your desk in less than 5 minutes. LinkedIn Learning will keep your progress as you go!

Wrists and Elbows



These exercises help prevent the common wrist and elbow pains that plague people who work at desks and computers.

Chair Work



Learn basic stretches, bends, & exercises that help you improve your posture, strengthen muscles & joints, increase blood flow, & keep you feeling energetic throughout the day.

Ergonomics



Learn the basis of ergonomics: creating a healthy work environment. Find out how to adjust the equipment at your desk so you are comfortable & avoid common injuries.

Breath Work



Breathwork is an ancient practice for quieting the mind and body. This breathwork course helps you clear, cleanse, and let go of heavy tension.

Neck Stretching



Our necks bear the brunt of the stress when we spend too much time looking at screens. With simple corrections to your posture and typing habits, you can eliminate injury to this area.

Pro-Tip: Set a timer, calendar event, or alarm to keep yourself on pace. Include the links for easy access to content that supports what ails you at the moment.