

USG WELL-BEING STEALTH EXERCISES

Do some stealth exercises at your desk. Give one of these a whirl:

Ab Clenches: Take a deep breath and exhale. As you exhale, tighten your abs. Hold for 10 seconds. Repeat 8-10 times, and you're on your way to a stronger core.

Triceps Dips: Place your hands on the edge of your chair. Then hoist yourself up. Using your arms, slowly lower yourself towards the floor and raise yourself up again. Do this 10 times.

Employees: Register through OneUSG Connect – Benefits at oneusgconnect.usg.edu > click on Manage My Benefits > click on the USG Well-being tile from the home page.
Spouses: Register through ourwellbeing.usg.edu.

Paper Exercise: Grab your nearest binder or book, place it in between your knees, and flex your inner thighs for a full minute. Repeat three times.

Glute Clenches: When you're in a meeting or at your desk, just squeeze your gluteous maximus (your "glutes") as hard as you can. Yup, that's it. Just tighten your muscles for 15 seconds, release for 15 seconds, then tighten again. Do this 10 times.

For questions, email support@virginpulse.com or call 833-724-4874. To receive the credit, you must be a current full-time employee or spouse enrolled in a USG healthcare plan during the pay period in which the credit is paid.



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