

STRETCH & STRENGTHEN ANY TIME

We all lead a fast-paced and busy life here at Changi. Working at the world's best airport certainly requires a large amount of time and energy. But how do we keep fatigue at bay? This may sound ironic, but research has shown that low-intensity exercises actually help to boost our energy levels!

Here are five simple exercises that not only energise but also prime you for the upcoming beach season.

1. SIT-DOWNS ARE THE NEW BLACK

Always wanted rock-hard abs that will be the envy of others? "Crunches are the only way," they say. What do you do if the only crunch you like is a chocolate bar? You swivel, that's what! In your office chair, sit upright and lift your feet slightly off the ground. For balance, place your fingers on the edge of your desk. Engage your core and turn side to side. Mmm... yummy — and we're not even talking about the chocolate.

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2. LAUGHTER IS THE BEST MEDICINE... AND WORKOUT

Did you know that an hour of intense laughter can help you burn 100 calories — the same amount of calories you burn during a 30-minute weightlifting session? Gather your colleagues and make laughter yoga a routine, pronto! You melt not only the calories but also the stress away. The beauty of this yoga is that there are no contortionist-level poses to strike — no impossible, back-breaking Wounded Peacock or Handstand Scorpion that will require a trip to the doctor's.

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3. AND WE HAVE... LIFT-OFF

It's mid afternoon and your mind is drifting into space. Why not simulate the actual lift-off with a leg extension? While seated in your chair, lift your feet off the floor until your knees are parallel to the ground. Your quad muscles will contract. Want a challenge? Place some reams of paper on the front of your ankles to increase the intensity. Cue dramatic sound effects of the blast.

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4. THE GUILT-FREE DIP

Want to go sleeveless? Many gym-goers tend to focus on the biceps, leaving the triceps neglected. This is unwise, for that roll of arm fat is why you have always dreaded waving goodbye to others! To tone your triceps, position your arms shoulder-width apart on your desk. Get a firm grip, and then lower your body until your elbows reach a 90-degree angle. Straighten your elbow and that's a rep!

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5. LOOK, I'M LEVITATING!

Make levitation a superpower of yours. When seated, cross your feet and bring them close to your stomach. Using your arms to push, slowly lift your entire body a few centimetres off your seat. Hold that position for 30 seconds. This gives your core and arms a great workout!