



## Stay Fit While You Sit

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If you've been spending a lot of time sitting down in front of a desk or computer while catching up on your studies, you might have noticed a bit of change in the way you look and feel. You might be feeling a bit more round these days, and a lot less energetic. While you can't skip out on school work because you're tired of sitting down, there are simple ways to somehow stay in shape, while taking a break.

Here's how to start:

### **1. Work your core.**

In a library or a study room, you might not have the space to lie down and bust out a few crunches. However, you can actually still work on your abdominal muscles while sitting down and studying. Start by contracting your abdominal muscles in sets of tens. As you get used to doing this while sitting down, work that number up to 50 complete sets. Soon, you'll notice that pouch around your waist slowly disappearing, leaving your stomach flatter and stronger.

### **2. Lose the chair.**

Recent studies suggest that standing up while typing, for example, can be much better than sitting down. When you stand up, the strain on your lower back is not as much, and it helps you stay focused on getting what's in front of you completed as quickly as possible.

### **3. Reach for the stars.**

Find a way to take a few minutes to get your shoulders and back stretched. Start with one hand, reach up and then bend from one side to the other. Do the same for the other hand. You'll find yourself feeling much more relaxed after and a lot less stressed.

**An additional tip:** stay hydrated! Keep a bottle of [Del Monte Fit 'n Right](#) within reach as you study and work. Spending hours in a stuffy room can get draining; it's best to keep replenishing your fluids at regular intervals.

Good luck!

**Sources:**

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