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The \$20 Item That Doctors Say is a Great Way to Strengthen Your Core—While Sitting at Your Desk

Experts share their favorite gadgets that make working from home more productive

By Alisa Wolfson | July 3, 2019



You might feel silly sitting on this heavy-duty stability ball in your office, but when you're working from home, it's a good way to strengthen your core while also getting work done. Functional medicine pioneer **Dr. Elroy Vojdani** says that although you're still technically seated, the fitness ball will engage your glutes, abs and hamstrings, which improves your posture and keeps the motor center of your brain active. "Spend 15-20 minutes every two hours seated on the ball instead of your chair," says Vojdani.

<https://www.marketwatch.com/story/the-20-item-that-doctors-say-is-a-great-way-to-strengthen-your-core-while-sitting-at-your-desk-2019-07-03>