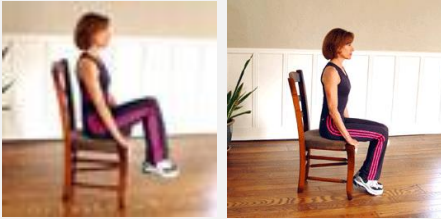


STAY SAFE. STAY HEALTHY.

BREAK UP THE DAY - WORKOUT #1

These exercises are designed to keep you mobile and active even if you sit for most hours out of the day! They will also help to relieve stress in your back and body as well as the mind. Each workout will only take 2 minutes, so aim to fit in at least four during the workday.

A Seated Workout That You Can Do at Home



SEATED KNEE LIFTS

Come to the front of your chair. Place your hands palm down on the chair and straighten your back. With feet side by side and keeping knees bent, engage the core and raise your knees, keeping your back straight and exhaling as you do so. Lower feet towards the floor, but do not touch. Repeat this movement for 30 seconds.



OVERHEAD/BEHIND BACK ROWS

Sit at the front of your chair keeping your back straight but bend forward at a 45-degree angle. Pick up an object like a paperweight, water bottle or 1lb hand weight in one hand. Reach over your head, inhale, and pass the object from one hand to the other. Open your arms and reach behind your back, exhale, being sure to squeeze your shoulder blades together, and pass the object to the other hand. Repeat the movement for 30 seconds.



SEATED TWISTS

Sit tall in your chair with your feet flat on the floor. Reach across your body with your left hand and place your right hand on your left upper left arm. Hold onto the arm or back of the chair and pull gently. Hold for 5 seconds. Repeat with the opposite arm. Repeat movements for 30 seconds.



RAGDOLL (LOWER BODY STRETCH)

Sit tall at the front of a chair with feet flat on the floor. Open legs wider than hips. Take a deep inhale through the nose and, as you exhale, lower your body and reach with your hands between your feet so they are flat on the floor. Lower your head and allow your body to relax. Continue deep breathing through the nose and allow the body to drop each time, stretching the upper and lower back. Continue for 30 seconds. Slowly come back to a tall, seated position on the last exhale.

Note: We advise that you consult with a health care practitioner before beginning any new exercise program.