

# STAY SAFE. STAY HEALTHY.

## BREAK UP THE DAY - WORKOUT #2

Sitting for many hours during your day? Each exercise below will take 2 minutes, so aim to fit in at least four during your workday. By taking a small break, and focusing on movement, stress is relieved in your back and body as well as the mind.

### A Non-Seated Workout That You Can Do at Home



#### MOUNTAIN CLIMBERS

Stand facing a flat surface and place both hands on the edge of the surface about shoulder-width apart. Walk your feet back until you are in a plank position with your body forming a straight line from your head to your heels. Bend your arms 45 to 90 degrees. Quickly pull your right knee straight up toward your chest. Lower and immediately repeat with the opposite leg. Continue the exercise for 30 seconds.



#### CHAIR HOVER SQUAT

Sit tall at the edge of your seat with your feet flat on the floor, hip-width apart. Extend your arms straight in front of your chest, palms facing the floor. Press into your feet and raise your butt off the chair so your hips are hovering over the seat. Hold for 3 seconds then stand all the way up. Sit down and repeat for 30 seconds.



#### CHAIR DIPS

If you don't have a sturdy chair, use another flat surface. Stand facing away from your chair and place your hands on the seat of the chair on either side of your hips. Extend your legs straight in front of you. Bend your elbows and lower your hips toward the floor until your shoulders are in line with your elbows. Press and lift yourself to the starting position. Repeat for 30 seconds.



#### STANDING RUSSIAN TWISTS

Stand with your feet shoulder-width apart and knees slightly bent. Raise your arms straight in front of your chest and hold a light object in hands or simply claps your hands together. Pivot the right foot and twist your body to the left, immediately twisting back to the right while pivoting left foot. Repeat the movement for 30 seconds.

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