

(COMPLETE EACH EXERCISE FOR 30 SECONDS, 1 OR 2 TIMES A DAY!)

Activity 1: Walk in Place

Move: Stand tall with shoulders back and down. Start walking in place while pumping opposite arm and opposite leg.

Activity 2: Rubber Neck with March

Move: Stand tall with shoulders relaxed and down. Drop your right ear down to your right shoulder (you don't have to touch it) and hold for a few seconds, repeat on the left side. While you continue to drop your ear down towards your right and left shoulder, begin marching in place.

Activity 3: Chest Opener

Move: With arms straight, bring them behind your back while keeping your back upright and your shoulders down. Try grasping your fingers together and slowly rotate your shoulders back, bringing your chest forward.

Activity 4: Abdominal Stretch

Move: Stand straight up and raise arms over head and interlace fingers with palms turned upwards. Stretch the arms up and very slightly bend backwards. Hold for a few seconds. Return to center and bend at your waist towards the right side. Hold for a few seconds and repeat on the left and continue repeating back, left, and right.

Activity 5: Body Weight Squat

Move: Stand with feet slightly wider than shoulder width apart with your toes pointed forward or slightly out. Inhale and lower body by bending at your hips. Keep your body weight in your heels and keep your chest high (don't hinge forward at hips). Be sure your knees don't pass over the front of your toes. ***When comfortable try touching your chair lightly with your buttock without sitting and return to a standing position.

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Activity 6: Standing Calf Raises

Move: Stand facing wall or back of chair and lightly hold on with fingers to help aid in balancing. Have your legs shoulder width apart and straight without locking knees. Exhale while you rise onto the balls of your feet and inhale while you slowly return to starting position. As you get better try using only one foot at a time.

Activity 7: Back Stretch

Move: Stand tall and interlace your fingers and press them out in front of you with your palms facing out. Extend and press your arms and shoulders forward till you feel a stretch in your back.

Activity 8: Walk in Place with Wide March

Move: Stand tall and perform a march in place. Alternate your normal march with a wide march that is slightly wider than shoulder width. Repeat by alternating normal march and wide march.

Activity 9: Front and Side Shoulder Raises (without weight)

Move: As you exhale, raise your arms in front of your body to shoulder height. While inhaling, return your arms back to the side of your body. Exhale again and bring your arms out to your sides in “T” position” until they are level with your shoulders. Inhale and return your arms down to your side. Continue alternating. (Feel free to add light resistance with water bottles)

Activity 10: Seated Leg Raises

Move: While seated, scoot your buttock so it is seated at the end of your chair (not too far that you will fall off). Keep your feet flat on the floor with your back and torso held high. Begin by extending one knee out so your foot, knee, and hip create a straight line. Bring back to the ground and repeat on the other side. Be sure not to bring your torso forward or backward during this movement, focus on engaging your abs and keeping your body straight while raising your legs.

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