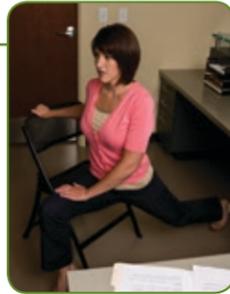


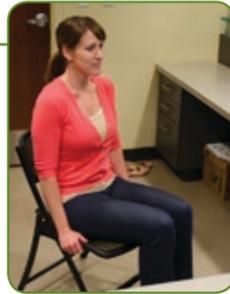
seated lunge

Turn so that one sit bone is on the chair and the other is hanging off. Plant the inside foot with the knee bent at 90 degrees and slide the outside foot back as far as you can. Sit up tall and push your tailbone down toward the chair. Hold for 15 to 30 seconds and repeat on the other side.



leg extension

Sit towards the edge of your chair with your knees bent at 90 degrees. Keeping the spine tall and shoulders back, lift one leg and straighten it out as much as you can without allowing your pelvis to tilt. Hold for a few seconds and repeat 10 times on each leg.



seated twist

Sitting tall in the middle of your chair, reach one hand over and grasp the opposite knee. Reach the other hand to the back of your chair. Pull against your knee while twisting. Hold for 15 to 30 seconds and repeat on the other side.



squat

Sit towards the edge of your chair with your feet planted hip-width apart. Stand up. Place each hand on the opposite shoulder and start to push your hips back into a squat. Make sure your weight stays in your heels and your knees stay behind your toes. Squat as low as you feel safe, using the chair as a guide, and return to the starting position. Repeat 10 times.



chest opener

Sitting towards the edge of your chair, reach both hands back and grasp each side of the back rest. Push your chest forward and up while pulling your shoulder blades back and together. Hold 20 to 30 seconds.



hip stretch

Sit towards the edge of your chair with your spine tall and knees at 90 degrees. Lift one leg, placing the ankle on top of the opposite knee. Hold for 15 to 30 seconds and repeat on the other side.



shoulder stretch

Sitting tall, reach one arm overhead, and bend at the elbow to reach your hand down your back. Reach the other arm behind you, bent at the elbow to reach your hand up your back. Hold for 15 to 30 seconds; repeat on the other side.



stretches AND CHAIR YOGA

Stretching can help to reduce muscle and ligament tension, relieve stress, and reduce pain in the neck, back, and wrists.

Chair yoga exercises increase concentration, productivity, and efficiency. They can also enhance your circulation and relieve stress.

Consult with your doctor before beginning any exercise program.

Simple and easy exercises to help you stay loose.

The content presented here is for your information only. It is not a substitute for professional medical advice, and it should not be used to diagnose or treat a health problem or disease. Please consult your healthcare provider if you have any questions or concerns.



quadriceps

Standing and holding one foot with the same hand, raise your leg until you feel a stretch. Hold for 10 to 30 seconds and repeat with the other leg. Use the wall for balance.



calf

Start with one leg in front and bent at about 120 degrees. While keeping your back leg straight, with your heel on the floor and turned slightly outward, lean into a wall until you feel a stretch in your calf. Hold this stretch for 10 to 30 seconds and repeat with your other leg.

side

Stand with feet apart with your knees soft. Place your left hand on your left hip and your right arm over your head. Stretch your right hand up and over to your left side, opening up the right side of your rib cage. Hold for 10 to 30 seconds and repeat on other side.



triceps

Pull your elbow behind your head until you feel a stretch. Repeat with the other elbow and hold for 10 to 30 seconds.



chest

With your fingers interlaced behind your back, straighten your arms and turn your elbows in until you feel a stretch. Hold this stretch for 10 to 30 seconds.



upper back

Pull your arm across your chest until you feel a stretch. Hold for 10 to 30 seconds and then repeat with your other arm.

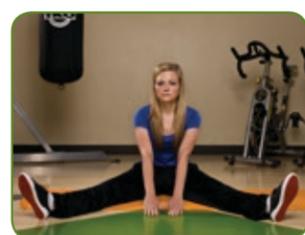
shoulders

Hold the palm of your right hand against a wall with your arm straight. Turn your body from your fixed hand until you feel a stretch. Hold this stretch for 10 to 30 seconds. Repeat other side.



seated groin

Sit with your knees bent and the soles of your feet together. Create a space between your rib cage and your pelvis by lifting your chest and pulling in your lower abdominals.



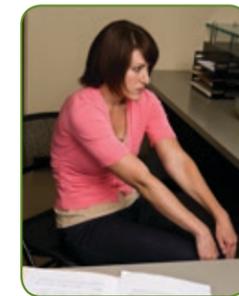
abductors

With your legs in a V-shape, slide your hands forward until you feel a stretch and hold for 10 to 30 seconds.



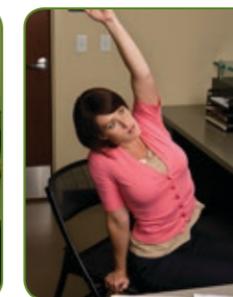
lower back

Lie on your back. Slowly and gently bring your bent knees up to your chest and hold for 10 to 30 seconds. For more stretch, bring your head to your knees and hold for 10 to 30 seconds.



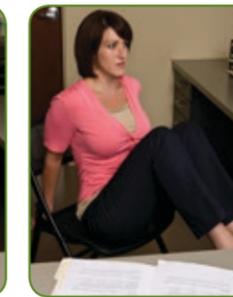
seated cat/cow

Begin seated with a tall spine and feet planted on the floor. Holding your knees with your hands, pull your navel to your spine and round your back. Reverse the movement by pushing your navel forward, lifting your chest, and reaching your head back to create an arch in your back. Repeat 10 to 15 times.



side stretch

Seated on your chair, reach one arm up and plant the other hand on your chair. Elongate your spine while gently reaching over to the opposite side. Hold for 5 to 10 seconds and repeat on the other side.



knee tucks

Sit towards the edge of your chair with hands behind you and your elbow pressing into the back of the chair. Keeping the lower belly tight, alternate lifting each leg. For more of a challenge, try lifting both legs at the same time. Repeat 8 to 10 times.



pushup

Using a table or your desk, place your hands slightly wider than shoulder width apart. Walk your feet back until your body weight is leaning into your hands and you have a straight line from your head to your feet. Bend your elbows until the angle is 90 degrees and push back to the start. Repeat 10 times.



single leg reach

Stand about 3 to 4 feet behind your chair. Keeping your legs straight but not locked, begin to lift one leg straight behind you while reaching your arms forward toward the back of your chair. Balance and hold this "T" position for a few seconds and return to start. Repeat eight times each leg.