

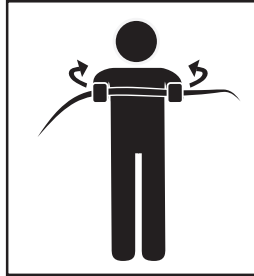


# 8 Moves You Can Do Anywhere

## Daily Movements for Strength

### Upper Back

- With arms at sides, bring forearms parallel with ground.
- Pull elbows back and squeeze shoulder blades together like squeezing a pencil.
- Bonus: Add a resistance band.



### Shins

- Sit with shoulders over hips.
- With heels on floor, lift toes.
- Bonus: Alternate lifting toes; move toes in different directions.



### Inner/Outer Thigh

- Stand with feet hip-distance apart.
- Slightly bend left leg.
- With bottom of right foot barely grazing the floor, move in clockwise motion then reverse.
- Repeat with other leg.



### Sit to Stand

- From seated position, stand using only one leg. Repeat with other leg.
- Bonus: Stand and close eyes; stand and turn head side to side.



## Daily Movement Stretches

### Abdominals/Torso

- With feet flat on floor, sit in middle of chair.
- Align shoulders over hips and raise arms overhead.
- With your right hand, grab your left arm below the wrist and gently lean to the right for three deep breaths.
- Return to center, then repeat on left.



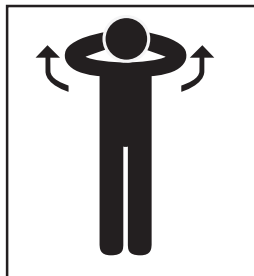
### Sides of Back

- With shoulders over hips, raise arms overhead.
- Make a fist and pull one elbow down by your side, squeezing as you go.
- Repeat with other arm.
- Bonus: Add a resistance band.



### Chest

- Gently place hands behind head.
- Maintain good posture with feet flat on floor.
- Slowly push elbows back until you feel a stretch in chest. Breathe deeply!



### Wrist

- Extend right arm straight in front of you with the palm facing the floor.
- Use your left hand to gently press the fingers down and towards the body.
- Repeat with the other hand.



### Reminder:

- Listen to your body. These movements should make you feel refreshed and energized. If any movement is causing pain or unusual discomfort, trust your body's signal and stop.
- Aim for light-intensity activity throughout the day.
- 20/20/20—Every 20 minutes, get up, look 20 feet away, and do 20 seconds of movement.
- For more info, check out the CDC Move Your Way campaign at <https://health.gov/MoveYourWay>.



LIVE YOUR BEST YOU.

