

Feel-Good Workstation Movements

Upper Back

- Wrap band around hands leaving 4-6 inches
- Palms down
- Pull elbows back and squeeze shoulder blades together like squeezing a pencil



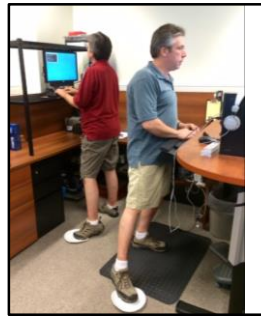
Shins

- Sit with shoulders over hips
 - Heels on floor, lift toes
- Add Neuromotor: alternate lifting toes, move toes in different directions



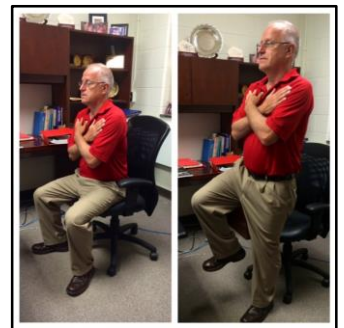
Inner/Outer Thigh

- Stand w/feet hip distance apart
- Place foot in the middle of plate
- Slightly bend other leg
- Circle front to back; reverse
- Switch legs



Sit to Stand

- Sit to Stand with Balance: stand & hold one leg
- Add Neuromotor: stand & close eyes, stand & turn head side to side



Abdominals/Torso

- Feet flat on floor; sit in middle of chair
- Shoulders over hips
- Gently lean toward the right, breathe deeply for 3 breaths
- Return to center, then repeat on left
- 5-8 times throughout the day



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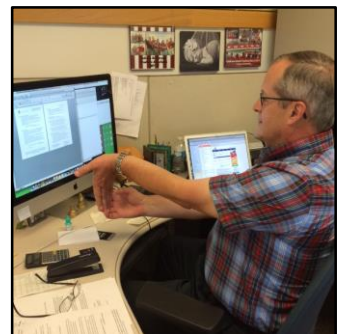
Chest

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



Wrist

- Take one arm straight out
- Place the palm up
- Grab onto fingers with the other hand and gently pull fingers back



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.
- Life-style activity: 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

Move More...Sit Less...Live Well!