

5-Minute MOVE! Appendix

Incorporating physical activity into the session reinforces the healthy lifestyle message and provides an opportunity to demonstrate some simple but effective exercises. This is also a good opportunity to share with participants the negative effects of prolonged sitting and inactivity in general and the surprising benefits of even 5 minutes of stretching.

5-Minute MOVE!

Ask participants to join you, if they wish, in doing the following warm-up and flexibility exercise:

Invite participants to stand up and march in place for 2–3 minutes. If they cannot stand, invite them to lift their knees while seated, as if marching.

Then, after 2–3 minutes, invite them to perform one of the following:

OVERHEAD STRETCH:

Extend your arms overhead with elbows straight. Interlock fingers if possible. Keep your back and neck straight. Take a deep breath in and then let the breath out slowly. You should feel a stretch in your shoulders and upper back.



TRUNK ROTATION:

Sit in chair and gently rotate your head, shoulders, and trunk to one side. Take a deep breath in and slowly let it out. Repeat in the opposite direction. You should feel a stretch in your trunk.



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CHEST STRETCH:

Extend your arms behind you with elbows straight. Interlock your fingers if possible. Gently raise your arms upward. Take a deep breath in and let it out slowly. You should feel a stretch across your chest.



MID-BACK STRETCH:

Reach forward with both arms, keeping elbows straight. Interlock your fingers and gently reach forward a little more, rolling your shoulders forward. Take a deep breath in and let it out slowly. You should feel a stretch between your shoulder blades.



HAMSTRINGS:

Sit in chair and extend one leg forward. Keep the knee straight with the toes pointed up. Gently lean forward toward your toes. Take a deep breath in and let it out slowly. You should feel a stretch in the hamstrings and calves. Reduce or discontinue the stretch if it increases leg pain. Repeat the exercise on other leg.



THIGH STRETCH:

Start with your feet a little more than shoulder-width apart. Bend your right knee slightly and move your left hip downward toward the right knee. This stretches your left inner thigh. Hold for 15–60 seconds. Repeat at least 4 times. Now, stretch the other thigh.



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TANDEM STANDING:

Place one foot directly in front of the other, touching heel to toe, and hold. Take a deep breath and let it out slowly. Repeat with other foot in front. Use a sturdy chair for support as needed.



ONE LEG BALANCE:

Use a sturdy chair for support as needed. Stand on one leg and lift the other foot, bending the leg at the knee. Take a deep breath and let it out slowly. Repeat the exercise on the other leg.



STANDING HIP RAISE:

Use a sturdy chair for support as needed. Lift the knee, keeping your foot and thigh parallel to the floor. Repeat with the other leg.



QUAD STRETCH:

Standing close to a wall or a chair, place your right hand on the wall or chair. With the left hand, reach back and slowly pull your left foot up to touch your buttocks. Hold for 15–60 seconds. Relax back to your starting position. Repeat at least 4 times. Now, stretch the other leg.



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POSTURAL AWARENESS:

Invite participants to stand if they wish and join you in the following postural awareness exercise:

- Stand with feet about shoulder-width apart, arms relaxed at sides.
- Place one hand lightly on belly, just above navel.
- *For those who may be sitting:* Sit with both feet flat on the floor, knees bent to 90 degrees, back not touching the seat behind you.
- Gently roll shoulders back, as if standing almost at attention.
- Imagine there is a string at the top of your head, lifting you gently upward, but do not tilt your head backward.
- Feel your abdominal muscles tighten slightly as you are lifted upward.
- Slowly march in place while keeping some tension on the abdominal muscles and maintaining your lifted posture.

LEG EXTENSIONS:

Sitting up very tall with feet flat on the floor, knees together, straighten the right leg as much as you can while keeping your foot flexed. Bend the knee and lower the foot back down. Touch the heel lightly to the floor (don't rest all the way down) and repeat the leg extension for 16 reps. Switch to the other leg. Make sure your knees stay at the same level (i.e., don't let the knee of the working leg drift up or down).



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ALTERNATIVE HAMSTRINGS STRETCH:

Stand behind chair, holding on with both hands. Bend forward from the hips (not waist), keeping back and shoulders straight at all times. When upper body is parallel to floor, hold position for 15–60 seconds. You should feel a stretch in the back of your thighs. Repeat at least 4 times.



CALF STRETCH:

Stand with hands against wall, arms outstretched and elbows straight. Keeping your left knee slightly bent, toes of right foot slightly turned inward, step back 1–2 feet with right leg, heel, and foot flat on floor. You should feel a stretch in your calf muscle, but you shouldn't feel uncomfortable. If you don't feel a stretch, move your foot farther back until you do. Hold the position for 15–60 seconds. Repeat with the other leg.



ARM AND SIDE STRETCH:

From a standing position, bend your knees slightly. Gently pull your elbow behind your head as you bend from your hips to the side. Hold a mild stretch for 15–60 seconds. Repeat at least 4 times. Now, stretch the other side.

