

# If You Sit or Stand...MOVE!®

**Whether you're at work or at home, here are some ways to move your body while sitting and standing.**

**You can ask your health care team to demonstrate these moves!**



## **Neck – Head Tilt**

With arms at sides and looking straight ahead, gently tilt head to the left, as if you were trying to lay your left ear on your left shoulder. You should feel a stretch but not pain. Carefully return to the starting position. Repeat to the right side. Hold 15–60 seconds on each side.

## **Arms – Biceps Curl**

With arms at your sides, bend your elbows as if trying to touch the front of your shoulders with your fingers. Slowly lower to starting position. Repeat 8–12 times.

## **Shoulders – Overhead Press**

Start with your hands at your shoulders, palms facing upwards; reach up toward the ceiling, keeping your arms close to your ears. Repeat 8–12 times.

## **Chest and Upper Back – Reaching Forward and Back**

Sitting or standing upright, extend both arms forward, palms facing each other. Slowly bring hands together and reach forward, rounding the top of your back, with your chin to your chest. Now reverse this motion and reach behind you, squeezing your shoulder blades together, opening up your chest. Hold each stretch for 15–60 seconds.



### **Feet and Ankles – Heel/Toe Raise, Ankle Circle**

Sit with both feet on the floor, lift both heels up, keeping your toes on the floor; gently lower to starting position. Now lift toes and front of feet, keeping your heels on floor; then gently lower to starting position. Raise one foot and make a circle motion to the left and then to the right. Repeat with other foot. Repeat 8–12 times.

### **Legs – Mini-Squat**

While holding onto your chair for support, carefully squat down to a 45–90-degree angle at your knees, then tighten your buttocks and slowly stand up straight again. Repeat 8–12 times.

