



## Elbow Plank

- ◆ Starting position: Lie face down on the floor, bring your elbows close to your sides positioned directly under your shoulders, hands pressing palm-side down into the floor. Engage your abdominal muscles, contract your thigh muscles and glutes, flex your ankles tucking your toes.
- ◆ Movement: Inhale, lift your torso, hips, and legs together off the floor as if they were one straight plank. Create a straight line with your body from head to heels. Continue to breathe and hold for 30 seconds. Exhale and keeping a straight line lower your body back to the floor.

If you experience any low back pain, stop immediately and consult with your doctor.

## Standing Hip Flexor Stretch

- ◆ Starting position: Standing behind your chair, lunge backwards with your right leg, ending in a split stance with your right leg straight and your left leg bent at the knee. Make sure your left knee is directly over your left ankle. Place your left hand on the back of your chair for support and your right hand on your right hip. Make sure your hips are pointing straight forward. Engage your abdominal muscles, keep the chest lifted and shoulder blades pulled down and back, without arching your lower back.
- ◆ Movement: Inhale, and on your exhale sink your bodyweight down into your hips. Be sure to not move your left knee past your toes, and keep your right leg straight. You can slide your right leg back or contract the glute muscles of the right hip to get deeper into the stretch. Continue to breathe and hold for 30 seconds. Inhale and release the stretch before switching to repeat on the other side.



## *No Sit, Get Fit Workout*

Here is a quick stretch and movement routine that you can practice nearly anywhere to take a rest from sitting. You might say that sitting *is* rest, but it's probably putting more wear on your body than you realize.

Between desk-bound work, television watching, and commuting across town, we do a lot of sitting. Even if we get in the recommended 30 minutes of moderate-to-vigorous exercise, our time spent sedentary can creep up to 9-10 hours of our day! Increasingly, evidence is showing that excessive sitting can lead to a greater risk of developing chronic disease and daily exercise is not enough to counteract that risk.<sup>1</sup> We need to get up and move around as much as possible.

You can start small by introducing periodic standing and exercise breaks. Try this 5-minute No Sit, Get Fit routine once in the AM and once in the PM. To make it easy to remember, set a calendar reminder or tie it into an activity you already do, such as your regular coffee, water, or restroom break. You can gradually increase the frequency (once an hour) or increase the duration (perform 2-3 sets). Or even break up the movements throughout the day. Each time you hang up the phone or pick up something off the printer, get in 10 reps of one exercise. You can even do this routine at home in-between TV commercial breaks.

This is a full-body routine that targets the typical problem areas for sitters: lower-back, neck, shoulders, and hips.

*Healthy By Nature -  
SCNM Wellness Committee*

1 Neville Owen, Sedentary behavior: Understanding and influencing adults' prolonged sitting time, Preventive Medicine, Volume 55, Issue 6, December 2012, Pages 535-539.

# Exercises:

## Seated Trunk

### Rotations



Starting position: Sit with feet hip-width apart, crossing arms across your chest.

Engage your abdominal muscles, keep chest lifted and shoulder blades pulled down and back, without arching your lower back.

Movement: Keeping hips still and facing forward, exhale and rotate head, chest, and torso as one movement 45 degrees to the right, holding briefly. Inhale, return to center, and repeat on the left side.

Continue alternating sides for 30 seconds.



## Lateral Neck Flexion

Starting position: Sit with feet hip-width apart, arms at sides. Engage your abdominal muscles, keep chest lifted and

shoulder blades pulled down and back, without arching your lower back.

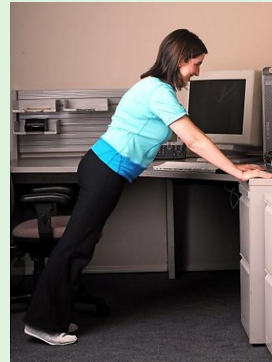
Movement: Inhale, raise your right arm to the sky, bend your elbow and reach over to touch your fingers to your left ear. Exhale, tilt your head, bringing your

## Lateral Neck Flexion (Cont.)

right ear toward your right shoulder, being careful not to tug on your head and keep the shoulders down. Stop when you feel the stretch and hold briefly. Inhale, return to center, raising the arm overhead, exhale and release the arm down. Repeat on the left side.

Continue alternating sides for 30 seconds.

## Desk Push-up



Starting position: Stand facing your desk and extend your arms in front of you. Lean forward and place your palms against the edge of your desk.

Engage your abdominal muscles and keep shoulder blades pulled down and back. Reposition your feet as needed to create a straight line with your body from head to heels.

Movement: Inhale, bend your elbows, keeping them hugged into your sides, and lower your body until your chest or chin touches the desk. Exhale, press up with your arms until the elbows are straight. That's one repetition.

Repeat for 10 reps.



## Chair Squat

Starting position: Stand in front of your chair with feet slightly wider than hip-width apart, toes turned out slightly. Keep your arms at your sides or extended out in front of you. Engage your abdominal muscles, keep chest lifted and shoulder blades pulled down and back, without arching your lower back.

Movement: Shift your weight into your heels, pushing your hips back as if you're about to sit in your chair. Inhale, begin to hinge at the hips and bend your knees. Lower until your butt almost touches your seat, or as far as you can lower without moving your feet, collapsing in the ankles, or your knees moving in front of your toes. Exhale, return to standing, pushing through your heels. That's one rep.

Repeat for 10 reps.

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