

SITTING FITNESS

These exercises are to be performed every hour. Hold each exercise for 15 seconds. Keep your spine as straight and as upright as possible. Keep your head facing forward.

Y EXERCISE

Stand tall with your arms at 45 degrees above horizontal.

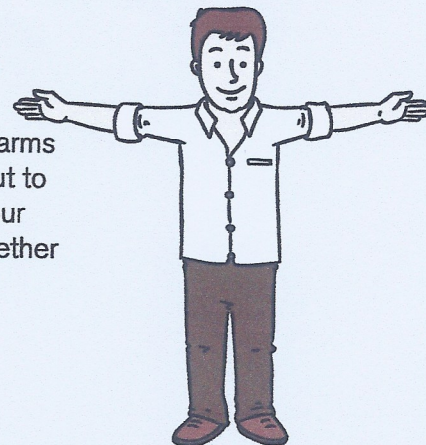
Extend your arms up and back, squeezing your shoulder blades together.

You should feel a stretch across the front of your chest.



T EXERCISE

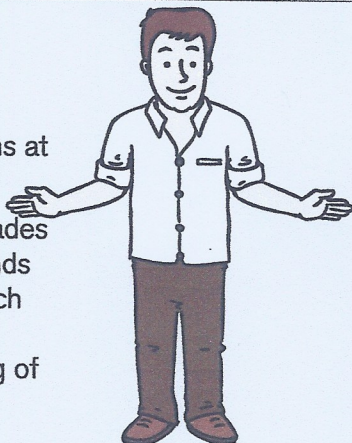
Stand tall with your arms extended straight out to the side, squeeze your shoulder blades together and feel the stretch across your chest.



L EXERCISE

Stand tall with your forearms at 90 degrees to your arm.

Squeeze your shoulder blades together and pull your hands backwards, feeling a stretch across the front of your shoulders and a squeezing of your shoulder blades.

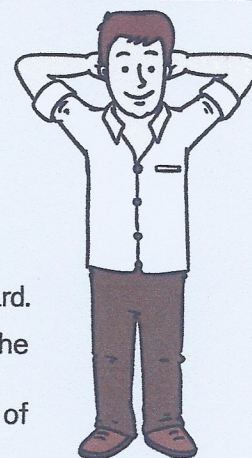


W EXERCISE

Stand tall with your fingers linked behind your head.

Gently push your head into your hands at the same time as pushing your hands forward.

Your head should remain in the same place and you should feel the muscles at the back of your neck contracting.

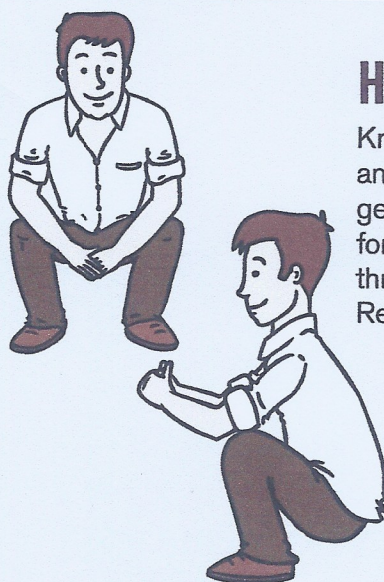


SQUAT

Keeping your heels on the ground, squat down as far as you can whilst keeping your chest up.

You will feel a stretch through your hips, knees and ankles.

Aim to get your hips as close to your ankles as possible.



HIP FLEXOR STRETCH

Kneeling on your left knee and keeping your spine tall, gently push your left hip forward and feel a stretch through the front of the hip. Repeat on the right side.

