



Sitting *doesn't mean* not moving

A certain amount of time sitting is unavoidable, especially if your job requires it. However, this doesn't mean you have to be still. With a bit of creativity, you can add bursts of movement even when you're sitting down.

Try these four movements throughout the day to keep your body moving in your seat.



REACH YOUR ARMS OVERHEAD

Add a side-to-side bend or a big arch to your back to stretch into areas of stiffness.

DO A CHAIR TWIST

Reach one hand to the opposite armrest and pull yourself into a gentle twist. Turn your head to look over one shoulder and then the other.

STRETCH YOUR OUTER HIP

Cross one ankle over the opposite thigh and bend forward slightly for added stretch. Be sure to do both sides.

LEG LIFTS

Sit at the edge of the seat and straighten one leg. Lift it as high as is comfortable without rounding the low back. Alternate back and forth slowly 5-10 times.