



# 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.