Activity Checklist:

Morning movements – perform once
- Stand Up - Move around the office
- Active Stretches
  - Arms up extended, inhale to raise arms up, exhale to swing down by waist & repeat
  - Alternate knee/arm march
  - Wrist rolls & forearm stretches
- Static Stretches
  - Hold 10-30 seconds
    - Doorway chest stretch
    - Doorway back stretch
    - Hamstring - seated in chair, leg extended, reach toward toes
    - Quadricep stretch
- Small marches in place
- Walk around room in opposite direction
- Hover squats
- Balance on one leg
- Plank
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