

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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The Effects of Sitting at Work