Sitting for hours at a time convinces your muscles to accommodate this “slouched” position. Hip flexors shorten, the neck and upper spine protrude forward, and the glutes and hamstrings weaken. We are becoming chair shaped! These 5 exercises not only feel good but address weaknesses! Set a reminder to stand up every 20-30 minutes! Give yourself small bites of movement throughout the day in order to slouch proof your body. Make movement the favorite part of your day!

01 Piriformis stretch to help elevate sciatica, hip and lower back pain.
1. While standing cross leg, make sure ankle is above knee
2. Hold onto your desk while hinging hips and lowering
3. Pull navel to spine
4. Gently squeeze shoulder blades
5. Gently squeeze inner thighs

02 Pectoral doorframe stretch
1. Stretches chest and shoulder muscles
2. Activates shoulder blades
3. Helps correct poor shoulder and thoracic posture

03 Bridging
1. The opposite of sitting

04 Tight hips are more than an inconvenience! Did you know that hip joint mobility is affected directly or indirectly by more than 20 different muscles!
1. Fun exercise to release Psoas (hip flexor)
2. Step your right leg back, gently squeeze right glute muscle.
3. Press your left arm to the floor while stretching right arm to the left
4. Hold for 3 breath cycles

05 Childs pose-stretches the hips, thighs, ankles and low back.
1. Widen knees
2. Sit back on heels while gently pushing hands away from mat
3. Hold for 3 breath cycles

06 Treat and prevent Plantar Fasciitis with massage!
1. Start by applying pressure to the middle of your foot. Hold for 3 breath cycles. Then roll it out.
2. Massage arch
3. Massage heel

BONUS Grab a La Cross Ball