

# UN-DESK YOUR BODY

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



Squeeze shoulder blades

02



Draw elbows down and squeeze shoulder blades

03



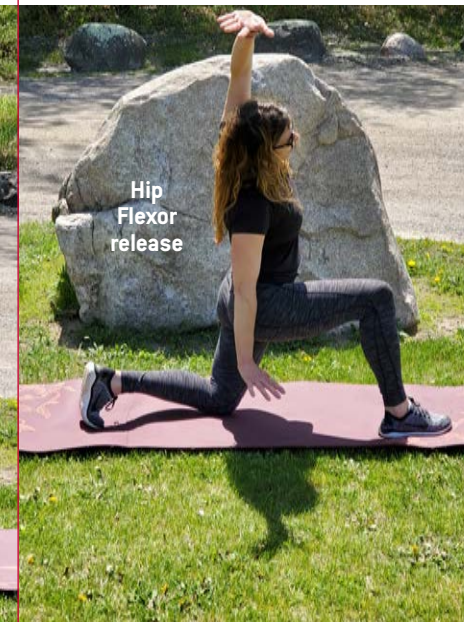
Bridging  
The opposite of sitting!

04



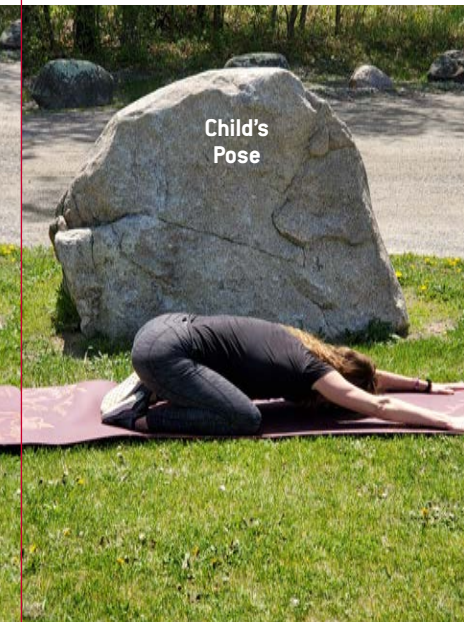
Hip Flexor release

05



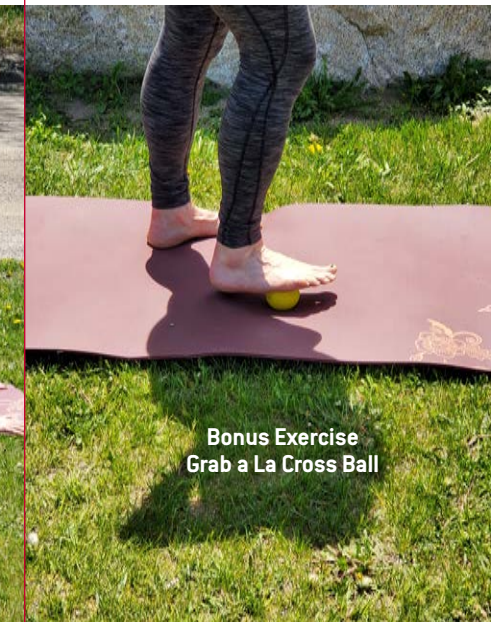
Hip Flexor release

06



Child's Pose

BONUS



Bonus Exercise  
Grab a La Cross Ball

**Piriformis stretch to help alleviate 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. Squeeze shoulder blades
5. Gently squeeze inner thighs

**Pectoral doorframe stretch**

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

**Sitting all day is the main culprit of gluteal amnesia! Weak glutes contribute to knee pain, hip pain and back pain. Activate your glutes with this exercise.**

1. Lift hips to sky without arching back
2. Gently squeeze inner thighs and glutes
3. Turn palms to the sky and squeeze shoulder blades
4. Hold three breath cycles lower and repeat
5. Progress by lifting a foot

**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

1. Progress the exercise by dropping to your knee
2. Ankle should be positioned directly under the knee
3. Pull navel to spine
4. Gently squeeze glutes
5. Gently squeeze shoulder blades
6. Hold for 3 breath cycles

**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

**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



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