

Try each activity for 30 – 60 seconds.

Some can be done 10 – 20 times each side instead.

On your seat

Flex your feet

Pull your chair slightly away from your table.

Holding the side of your chair straighten both legs and raise them off the floor.

Point your toes towards your head for a few seconds, then point them away.

For added difficulty hold your arms straight above your head.



Sit and/or Stand

Arm Circles

Sit tall on your chair, arms fully stretched at shoulder height.

Start making small circles with your fingers pointed out, getting bigger.



On your feet

Wall sit

Push your back into a good wall space and move down until your legs are at 90 degrees.

