A LITTLE MOVEMENT MEANS A LOT

Advances in technology have created an environment that unknowingly has promoted sedentary behaviors over time. Sedentary behavior is not simply the absence of physical activity, but rather a unique set of behaviors, such as sitting for too long, that have negative effects on health. However, if we can break up the duration that we are sitting and move our bodies once every hour, we can combat the negative health effects of sitting by increasing blood flow, muscle activity, and neural activity. A little movement means a lot in terms of improving your health and wellbeing!

Below are examples of exercises and stretches that you can do at home or work for less than 1 minute. Set a reminder or alarm on your phone, pick 1-2 exercises of your choice to do once every hour, and set a timer for 1 minute. For more fun, encourage a colleague or family member to do it with you!

HOME EXERCISES: BEDROOM............................................................................................................................... 2
HOME EXERCISES: KITCHEN................................................................................................................................. 6
HOME EXERCISES: LIVING ROOM........................................................................................................................ 8
HOME EXERCISES: LIVING ROOM ADVANCED..................................................................................................12
HOME EXERCISES: FOOT MASSAGE.................................................................................................................... 13
WORKPLACE EXERCISES: SITTING...................................................................................................................... 14
WORKPLACE EXERCISES: STANDING.................................................................................................................. 17
WORKPLACE EXERCISES: YOGA .......................................................................................................................... 20
WORKPLACE EXERCISES: HAND HEALTH.........................................................................................................22
HOME EXERCISES: BEDROOM

Relaxing Bedroom Exercises: Complete 1-2 exercises for 30s-60s each

- Alternating Superman
- Alternating Arm Raise
- Neck Twists
- Leg Raises
- Shoulder Cross Stretch
- Neck Tilts (Left to Right)
- Child’s Pose to Cobra
- Hip Bridge
- Figure 4
**Energizing Bedroom Exercises:** Complete 1-2 exercises for 30-60s each.

- **Knee Raises**
- **Arm Swing Side to Side**
- **Bed Squats**
- **Knee to Elbows**
- **Scissors**
- **Overhead Punches**
- **Foot Taps**
- **Seated Front Kick**
- **Spinal Twists**
**Intense Bedroom Exercises:** Complete 1-2 exercises for 30-60s each.

- **Squat Hold**
- **Pillow Crunches**
- **Bed Push-Ups**
- **Lateral Lunge**
- **Crunch + Leg Extensions**
- **Russian Pillow Twist**
- **Single Leg Hip Bridges**
- **Lunge with Knee Lift**
- **In & Outs**
Fun Bedroom Exercises: Complete 1-2 exercises for 30-60s each.

- Pillow Chest Presses
- Forearm Roll
- Pillow Rainbow
- Pillow Stretcher
- Pillow Hang & Hold
- Pillow Toss
- Pillow Punches
- Pillow Smash with Twist
- Pillow Push & Hold
HOME EXERCISES: KITCHEN

Energizing Kitchen Exercises: Complete 1-2 exercises for 30s-60s each

Countertop climbers

Weighted arm raises

Countertop Push-Ups

Posterior Leg Raises

Countertop squats

Countertop Plank Rotations

Butt kicks

Weighted bicep curls

Calf-Raises
**Fun Kitchen Exercises:** Complete 1-2 exercises for 30-60s each.

- Skillet hold
- Skillet Opener
- Fridge Openers
- Pizza Roller
- Onion Choppers
- Fridge Scan Squats
- Stir the Soup
- Crossed Arm Rotations
- Weighted Punches
HOME EXERCISES: LIVING ROOM

Relaxing Living Room Exercises: Complete 1-2 exercises for 30-60s each

- Butterfly stretch
- Relaxed Knee Hugs
- Side Stretch
- Hip Release-Hands on Floor
- Couch Marches
- Leg Hugs
- Ceiling Reaches
- Toe Reaches
- Couch Push Downs
Energizing Living Room Exercises: Complete 1-2 Exercises for 30-60s each

- Hip Thrust
- Cushion Squat
- Bicycle Kicks
- Cushion Raises Up & Down
- Floor to Couch Triceps Dip
- Face Up Leg Kicks
- Side Crunches
- Toe Taps
- Side Push-Ups
**Intense Living Room Exercises:** Complete 1-2 exercises for 30-60s each

- **Couch Punches**
- **Couch Push-Ups**
- **Inverted Cushion Rotations**
- **Kneeling Kick Backs**
- **Plank Couch Walk**
- **Couch Dips**
- **Couch Climbers**
- **Plank Rotations**
- **One Legged Squat**
**Fun Living Room Exercises:** Complete 1-2 exercises for 30-60s each

- **Cushion Steering**
- **Scoot Over**
- **Cushion Punch**
- **Face Smash**
- **Alternating Leg Extensions**
- **Pillow Fight**
- **Fist Bump**
- **Cushion Tower Hold**
- **Cushion Toss**
HOME EXERCISES: LIVING ROOM ADVANCED

Intense Living Room Advanced Exercises: Complete 1-2 exercises for 30-60s each.

- Run in Place
- Push-Ups
- Plank Shoulder Taps
- Side Lunges
- Squats
- Toe Taps
- Russian Twists
- Thigh Taps
- Speed Skaters
Home Exercises: Foot Massage

Relaxing Foot Massage Exercises: Complete 1-2 exercises for 30-60s each.

- Ankle Flexion and Extension
- Toe Lifts
- Crunch Rolls
- Crunch Hold
- Heel Lifts
- Flat to Edge
- Foot Plank
- Alternating Toe Stretch
- Pull Big Toe
WORKPLACE EXERCISES: SITTING

Relaxing Sitting Exercises: Complete 1-2 exercises for 30-60s each.

- Floor Touch Stretch
- Cross-Armed Stretch
- Palm Press
- Lateral Neck Stretch
- Desk Shoulder Stretch
- Head Raises
- Finger/Wrist Stretch
- Desk Chest Stretch
- Head Rotations
Energizing Sitting Exercises: Complete 1-2 exercises for 30-60s each.

- Push-Up w/ Arm Raise
- Bow Forward
- Chair Dips
- Alternating Side Reaches
- Wide Arm Reach
- Leg Extensions
- Chair Pull-Back
- Lateral Floor Touches
- Oblique Side Bends
Intense Sitting Exercises: Complete 1-2 exercises for 30-60s each.

- **Punches**
- **Shoulder Squeezes**
- **Wide Rotations**
- **Push-Up to Arm Raise**
- **Wide March**
- **Seated Rows**
- **Dodge and Punch**
- **Tricep Extensions**
- **L-Sit Hold**
Workplace Exercises: Standing

Relaxing Standing Exercises: Complete 1-2 exercises for 30-60s each.

- Walk Around
- Back and Shoulder Stretch
- Hip Flexor Stretch
- Inner Thigh Stretch
- Cross Toe Touches
- Back Bends
- Side Torso Stretch
- Torso Rotations
- Quad Stretch
Energizing Standing Exercises: Complete 1-2 exercises for 30-60s each

- Two Handed Chair Pulls
- Squat Hold
- Parallel Chair Pulls
- Backward Leg Raises
- Lateral Leg Raises
- Desk Plank Rotation
- Sit to Stand
- Chair Lunges
- Desk Climber
**Intense Standing Exercises**: Complete 1-2 exercises for 30-60s each.

- **Desk Push-up to Arm Raise**
- **Sit-Down Knee Ups**
- **Squat Chair Pulls**
- **Chair Ab Rotations**
- **Stand-up to Knee Raise**
- **Stand to Sit Kick-Outs**
- **Chair Deadlift**
- **Diagonal Lunge Grab**
- **Standing Punches**
WORKPLACE EXERCISES: YOGA

Relaxing Yoga Exercises: Complete 1-2 exercises for 30-60s each

- Forward Fold
- Seated Cat and Camel
- Eagle’s Pose
- Chest Stretch
- Ankle Release
- Breathe
- Shoulder Roll
- Oblique Release
- Surrender

[Images of people performing each exercise]
Energizing Yoga Exercises: Complete 1-2 exercises for 30-60s each.

- Tree Pose
- Warrior 3 Pose
- Standing Side Bend
- Warrior 2 Pose
- Warrior 1 Pose
- Hip and Heart Opener
- Seated Twist
- Desk Cobra Pose
- Figure 4 with Forward Bend
Workplace Exercises: Hand Health

Relaxing Hand Health Exercises: Complete 1-2 exercises for 30-60s each.

- Wrist Wrestle
- Backward Finger Stretch
- Thumb Stretch
- Finger Extensions
- Flat Finger Stretch
- Finger Curls
- Thumb Spins
- Finger Waves
- Wrist Compression