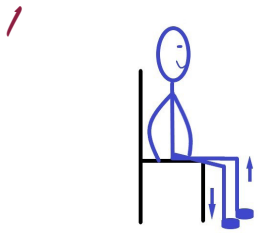


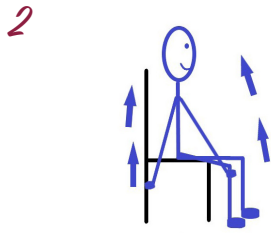
# Move More, Sit Less

Let's reduce stress and sedentary time by moving more throughout the day. These moves increase mobility and reduce tension.



## Seated March

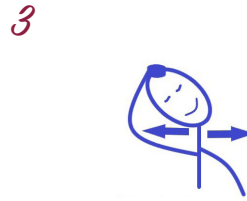
Stomp or tap feet on ground.  
30 Seconds



## Arm Raise

Sit with your back straight and shoulders down. Raise your arms by your sides, bringing your hands together overhead. Return arms to sides and repeat.

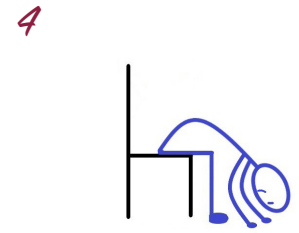
5 reps



## Neck Roll

Roll head from side to side. Use your hand to gently stretch neck while keeping your opposite arm by your side. Alternate sides.

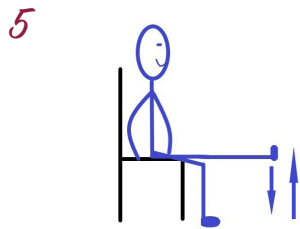
30 seconds



## Forward Bend

Bend at hips and fold forward over your thighs. Keep your belly tight against your thighs and release any tension in your neck.

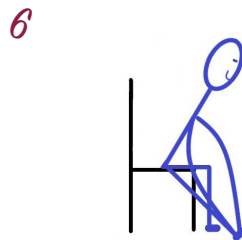
5 breaths



## Seated Leg Lift

Sit with your back straight. Extend one leg straight out with your foot flexed. Slowly raise and lower your leg. Switch sides.

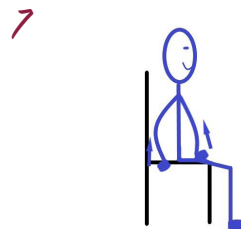
10 reps on each side



## Leg Stretch

Sit on the edge of your chair. Extend one leg. Keeping your back straight, reach towards your foot. Switch sides.

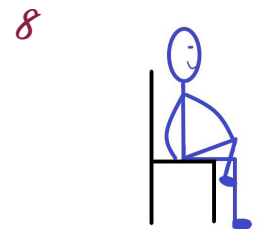
5 breaths on each side



## Bicep Curl

Sit with your back straight and arms by your sides. Make a fist with your thumbs facing forward. Keeping elbows tight against your side, bend at the elbow, curling your fist up and rotating thumbs to point away from your body.

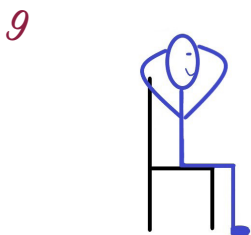
10 reps



## Hip Opener

Sit with your back straight. Cross one leg over the other, placing your ankle on the opposite knee. Keep your foot flexed. Gently press knee for a deeper stretch.

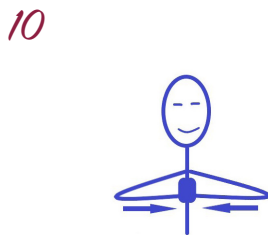
5 breaths on each side



## Sitting Twist

Sit with your back straight and bring your hands behind your head with elbows bent out to each side. Slowly rotate your torso to the left and right.

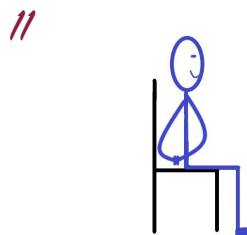
10 reps



## Wrist Press

Sit with your back straight and bring your hands together in front of your chest, pressing palms together. Rotate fingers to point down while continuing to press palms together. Rotate fingers back to pointing up.

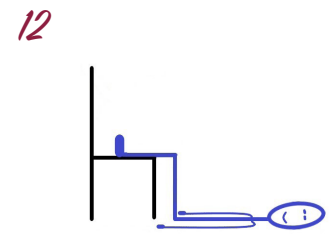
5 breaths



## Chest Opener

Sit with your back straight on the edge of your chair and interlock your fingers behind your back. Press arms away from your body while keeping shoulders back and down.

5 breaths



## Restore

Option 1: Sit comfortably in your chair, closing your eyes. Breath slowly and relax.

Option 2: Lay on your back on the floor. Bend your knees and place feet on a chair. Close your eyes, breath slowly and relax.

Stay as long as you can

HNFE-487NP (HNFE-506NP)



Virginia Tech • Virginia State University

Virginia Cooperative Extension programs and employment are open to all, regardless of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, veteran status, or any other basis protected by law. An equal opportunity/affirmative action employer. Issued in furtherance of Cooperative Extension work, Virginia Polytechnic Institute and State University, Virginia State University, and the U.S. Department of Agriculture cooperating. Edwin J. Jones, Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; M. Ray McKinnie, Administrator, 1890 Extension Program, Virginia State University, Petersburg. This material was partially funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This material was partially funded by the Expanded Food and Nutrition Education Program, USDA, NIFA. This material was developed by Stephanie Breig of Human Nutrition, Foods, and Exercise and the Physical Activity Specialist of VCE, Samantha Harden, PhD.