

MOVE MORE

GET UP OFFA THAT THING!

DESK STRETCHES

Don't let your desk job leave you feeling stiff. Take some time to do a little moving and shaking throughout the day in the comfort of your office space. But you don't have to stop there – stand or walk around for one to two minutes every few hours, or take a stroll outside during lunch. These simple steps are sure to help you move naturally toward well-being.

WHERE THE PARTY AT?



Cross one leg over the other, place your opposite arm on your knee and twist.
8-10 seconds per side

I WANT YOU BACK



Sit down, place your hands on your lower back for support and lean back.
10-15 seconds, 3 times

ROCK THAT BODY



With your arms above your head, grab ahold of opposite elbows, then lean side to side.
8-10 seconds per side

BRING 'EM OUT



With your hands together and fingers interlaced, extend your arms with palms forward.
10-20 seconds

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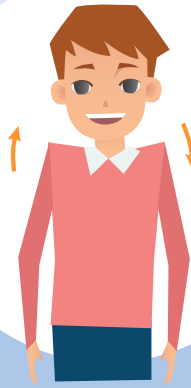
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HIPS DON'T LIE



Sit down, place one ankle over the opposite knee, and lean forward.
15-20 seconds per side

BUST A MOVE



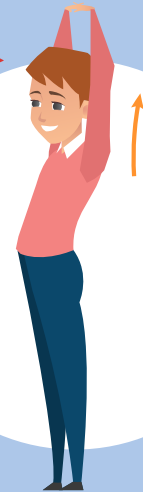
With arms at your sides, roll your shoulders up and back.
3-5 seconds, 3 times

TIMBER



With arms behind your back, grab your wrists with opposite hands and pull while tilting your head to one side. Reverse and repeat.
10-12 seconds per side

IN THE AIR



Interlace your fingers, and pull your arms overhead with palms facing up.
10-15 seconds

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GET DOWN TONIGHT



Sit down, extend one leg out, reach toward your toes and hold.
15-20 seconds per side

WALK IT OUT



Sit up tall and march your knees up one at a time.
10-15 seconds

SHAKE, RATTLE & ROLL



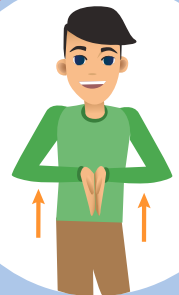
Stand up and extend your arms to your sides. Shake and roll your hands out.
10-15 seconds

GENIE IN A BOTTLE



Place your palms together, fingers pointing up and push your hands down.
10 seconds

COUNTDOWN



Place your palms together, fingers pointing down and pull your hands up.
10 seconds