



Get Fit As You Sit!

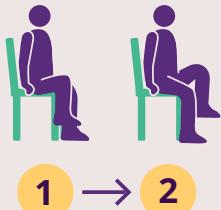
We know that we sit too much, but sometimes there's just no getting around it. Get Fit As You Sit is a simple workout you can do while sitting at work, at home or in a waiting room and it's a quick way to add a little physical activity and movement to your day.



The Workout

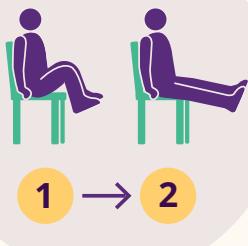
Perform these 4 exercises for 30 seconds each using a stationary, stable chair.

Seated Knee Lift



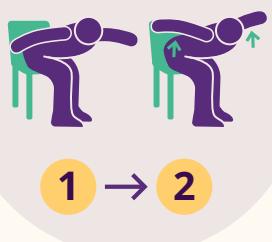
Sit at the front of your chair with your knees bent. Now lift one leg up as high as you can. Keep your stomach pulled in and remember to keep breathing. Alternate legs and try to hold it for a few seconds at the top. Remember to focus on good posture, sitting tall in your chair and relax your shoulders. You got this!

Knee Tuck



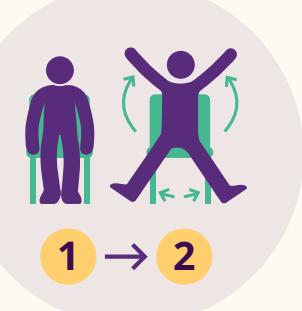
Sit tall toward the front of your seat and place your hands around your chair for stability with your feet flat on the ground. Lift both feet up and extend both legs as you brace your stomach and back. With control, draw your knees into your chest and then keep going. Make sure your spine is nice and tall, your head is up high and that you're breathing deeply.

Bent Over Rear Fly



Sit toward the front of your chair with both feet on the floor. Lean your upper body over your thighs, allowing your arms to hang on either side of your legs. Look at your toes and slowly lift your arms up towards your side while squeezing your shoulder blades and keeping your head in line with your spine. Remember to take slow, steady, and deep breaths throughout the exercise.

Seated Jumping Jacks



Sit toward the front of your chair with your knees bent and your arms at your side. Extend your legs with your heels on the floor and raise your arms in a V. Keep bringing your arms and legs in and out and remember to tighten your core and breathe deeply.