

EXERCISES TO DO AFTER LONG PERIODS OF TIME SITTING

- **Stepping in place for 45 seconds:** Stand up and just mildly lift your knees as marching in place. Progressively increase the speed to a moderate pace where you feel you are breathing a little more intensively.
- **Stand-Up & Sit-Down 20 to 30 times:** As soon as you feel the contact of your chair, stand up, and repeat.
- **Hip Circles (as playing with hula-hop) 15 to 20 times** in each direction.
- **Gently move your arm in circles 15 to 20 times** exploring a wide range of motion. Imagine the motion of swimming backwards but with both arms simultaneously.
- **Shoulder circular shrugs 15 to 20 times.** Arms by your side, just move your shoulder in circles going backwards.
- **Calve raises (elevate your heels) in place 15 times.**
- **Gently turn your head from side to side (not in circles) for 6 to 10 times.** Move your head slowly.

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