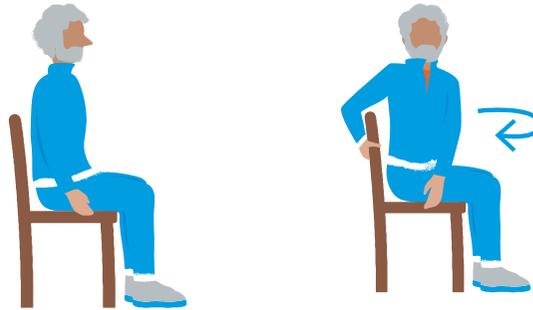


FIVE WAYS TO MOVE MORE WHILE SITTING DOWN

Before you start, make sure you are sitting as upright as possible, with your feet on the ground or a hard surface.

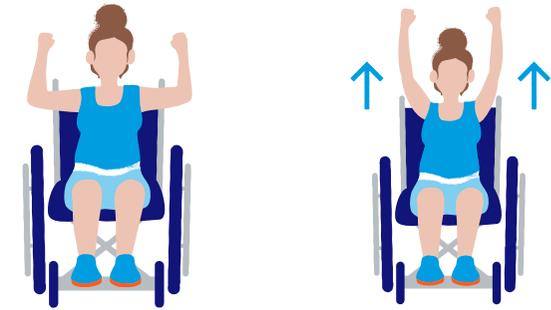
Repeat each activity for **one minute**

Chair twists



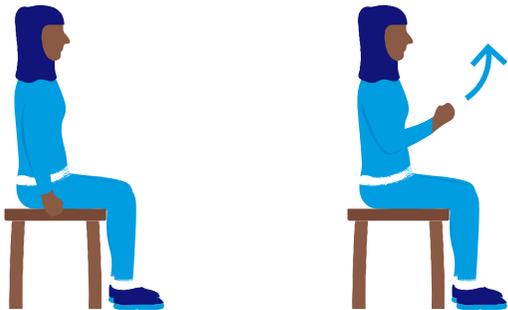
1. Slowly turn your upper body to the right while keeping your hips facing forwards.
2. Count to five and then return to the middle so you are facing forwards.
3. Repeat, but now turn to the left.

Upward punches



1. Put your arms out to your sides with your elbows bent and knuckles pointing up to the ceiling. Your thumbs should face each other.
2. Slowly punch upwards and then bring your arms back to the starting position.

Arm curls



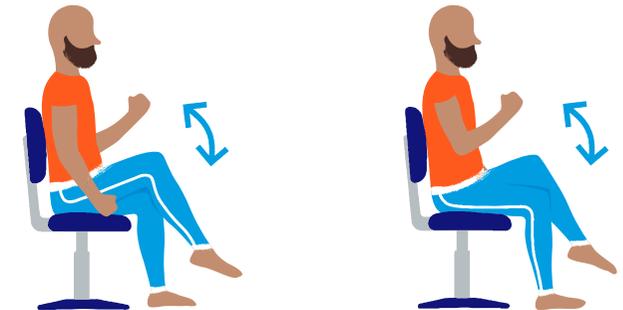
1. Start with your arms hanging naturally. Keep your elbows by your sides and raise your right hand towards your right shoulder.
2. Bring your right arm back down and repeat with your left arm.

Knee lifts



1. Lift your right knee off the ground and then place it back on the floor.
2. Repeat with your left knee.

Marching



1. Continue with the knee lifts, but this time introduce alternate arm curls each time. This means your right leg should lift at the same time your left arm bends.