



Friends Don't Let Friends Sit On The Couch

This is Janis with Vital Moves. I am reaching out to encourage you to stay safe, strong and active during these difficult days and weeks. Many of us are finding we have more time on our hands than is typical. Exercise is a great way to fill some of that time! The benefits of exercise are many:

Manage stress and anxiety * Improve sleep * Weight management

We feel better and move better when we exercise. Walking, biking and/or playing sports (if still meeting) are great activities, but not enough. It is important to exercise in a variety of ways; strength training, movement patterns, stretching & rolling. That is how we keep the body strong and functional. It is how we prevent injury.

Here is my idea: ***To send out a weekly challenge blast and help you organize your exercise activities for the week.*** The challenge will include strength training exercises, flexibility work, and a movement pattern. It is an honor system...I hope you find the challenges motivating!



CHALLENGE #1

STRENGTH WORK:

1) PUSH-UPS 12 per day

can be performed on a wall, a counter, the floor, all 12 do not have to be done at once

2) SIT to STANDS: 20 per day (how long does it take you?)

put a chair against the wall so it will not move, stand with your back to the chair, hinge your butt backwards taking your tailbone over the seat of the chair, touch your tailbone to the chair, and then drive through your feet and stand. The goal is smooth steady movement

if you are unsteady, set up in front of your sink so you may assist balance as needed

FLEXIBILITY WORK

1) HEEL LIFTS 15Xs

lift and lower heels, assist balance as needed

2) HEEL WALKS 10-45 seconds

walk around, or march in place on your heels, balls of feet stay lifted

3) ROLL FEET

using a tennis or racket ball, roll the soles of your feet, lengthwise and widthwise

NO rolling if you have nerve issues in your feet, neuromas, heel spurs

MOVEMENT PATTERN

1) ROPE CLIMB 30-60 seconds

standing in tall posture with your feet close together, inner thighs squeeze together, reach your hands over head as if you were climbing a rope, reach hand over hand. If you have shoulder or neck issues, be careful how high you reach. The intention is to stretch through your side ribs, to gain some ease across your shoulder blades and mid back. Look at the wall in front of you

2) walk sideways down your hallway, work to keep toes and kneecaps forward facing, stay facing same wall and walk back

be sure to lead from both sides, look at the wall in front of you

Practice daily, practice twice daily!

If you have any questions, send me an email and I will do my best to help

...stay well

Janis