



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.

Weekly Challenge #2!! It is an honor system...I hope you find the challenges motivating!

The challenge will include strength training exercises, flexibility work, and a movement pattern. Be sure to save your challenges as it will give you a nice pool of exercises to draw from.



CHALLENGE #2

STRENGTH WORK:

1) SIT to STANDS: 20-30 per day – break into short sets throughout the day

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

2) PLANKS: full body bracing work - 3-6x, 20 - 40 seconds each.

When in Plank position, keep abdominal muscles drawn in, top thigh and butt muscles engaged, top shoulders easy. Wrist, shoulder, neck issues: plank against wall or counter.

Forearm Planks

} Keep shoulders over wrists

Full position from hands

} Lift hips if you feel tension in low back

FLEXIBILITY WORK

1) SHOULDER ROLLS 10 – 15x both directions

lift shoulders up by ears, roll them back, down and around

2) GENTLE TWISTS 6-8x alternating

Seated on edge of chair, feet ‘connected’ to floor, inhale and lift arms up and over head, exhale as you twist right, right hand behind you, left hand on outside of right leg, tall posture, look over right shoulder, stay 2-3 breaths. Inhale, arms up, exhale, twist left.

3) ROLL YOUR 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 – WALKING VARIATIONS IN TALL POSTURE

1) HIGH KNEE LIFTS 10- 20x

Can be done walking or standing in place. As you bring knee up towards chest, keep posture tall, gaze ahead. Think of driving down into support foot as you bring knee up. Walk your knee lifts as balance allows.

Stand and alternate knee lifts- assisting balance as needed.

2) BUTT KICKERS 10 -20x Just as it sounds!

Can be done walking or standing in place. Bring heel towards back thigh and butt creating a ‘tug’ across front thigh. Posture tall, gaze ahead.

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

...stay safe and strong

Janis