

SPRING HAS SPRUNG IT IS TIME TO GET ACTIVE



The researchers at the Exercise and Health Psychology Laboratory at The University of Western Ontario want to remind you to be physically active while you are enjoying the spring weather.

TEN MINUTES MAKE A BIG DIFFERENCE

Take advantage of online and on-demand 10-minute workouts. Choose the ones suited to your needs.

For example:

Fitnessblender.com has a variety of exercises targeted to different parts of the body with good video examples of each exercise.

You can also search out yoga and tai chi whose gentle controlled movements improve balance, flexibility and strength..



Move more throughout the day.

Take the stairs, park the car further away, do extra laps around the store or mall when shopping. Take hourly breaks from the television and the computer to swing your arms, bend and stretch. Take a dance class, work in a garden, go swimming or join a sports team. Be creative, have fun and **MOVE**,

MOVE, MOVE.



WAYS TO LOOSEN TIGHT MUSCLES
WHILE AT YOUR DESK...

The neck stretch: Try to touch your ear to your shoulder and hold it there.

For a chest opener: Stretch your arms back as if you were trying to grab a pencil between your shoulder blades or stand in a doorway, hold the door

Supported back extensions: Hold your hips and gently extend your back by bending backward.

Spinal twist: While seated, put your right knee over your left knee, and put your left hand on your right knee as you twist towards your right hand, which remains on the armrest. Look to the right as you stay in this position for five breaths and then release and do the other side.

Courtesy of

Community of Christ Health Ministries Association

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