

A close-up photograph of two people's hands resting on their running shoes. The person on the left is wearing a red long-sleeved shirt and black leggings. The person on the right is wearing a dark blue long-sleeved shirt and black leggings. Both are wearing white and grey running shoes with black accents. The background is a blurred outdoor setting with green grass and a light sky.

Appendix

**Appendix I:
Physical Activity Plans**

Appendix I: Physical Activity Plans

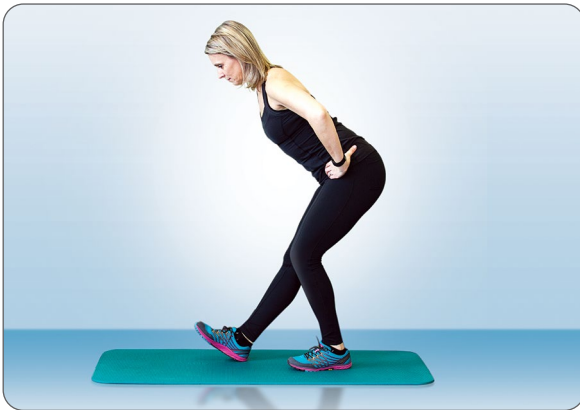
In this section you will:

- ▶ Learn how to safely and effectively perform the exercises recommended in each session of this guidebook
- ▶ Discover more about the importance of exercise and the benefits that you can expect from including physical activity in your daily routine
- ▶ Explore the dangers of mindless eating and learn how much additional workout time is needed to burn any extra “mindless calories” consumed

PHYSICAL ACTIVITY: Session 1

If you are new to exercise, it is important to begin slowly and progress gradually.

- Did you know that during a 30-minute TV program, there are 9 to 12 minutes of commercials? Take this time to get up, move around, walk up and down the stairs.
- While working at your desk, set a timer on your computer that alerts you every hour. Get up and take a walk to the drinking fountain or a coworker's desk.
- Use a pedometer or other device and begin tracking the amount of steps you currently take—set small goals to increase your steps each day.



Standing hamstring stretch

Keep your back straight and bend forward from the hip. Straighten your right leg as you lean forward. Once you feel a stretch to the back of your right leg, stop and hold the stretch for 15-30 seconds. Repeat two to three times on each side.



Kneeling hip flexor stretch

Kneel on the floor or with a pillow under the knee. Shift your weight forward until you feel a stretch to the front of the kneeling hip. Hold the stretch for 15-30 seconds. Repeat two to three times each side. (To modify this stretch, perform it in a standing lunge position and hold on to a steady object for stability.)



Chest stretch

Stand adjacent to the corner wall with hand placed on the wall at shoulder height. Step away from the wall to feel the stretch in your chest. Hold the stretch for 15-30 seconds. Repeat two to three times on each side.












Calf stretch

Lean against the wall with leg extended. Press heel of back foot to the ground. Hold 15-30 seconds. Repeat two to three times per leg.

Food for thought

Mindless eating or snacking can sabotage your healthy eating efforts. Not eating enough or as often as you should (roughly every three to four hours), being dehydrated, or consuming foods that are not nutrient-dense (i.e., a doughnut vs. an apple with almond butter) can leave you feeling like you are “starving.” Reaching this point can be dangerous because we are more likely to be tempted into eating high-fat, high-sugar, and high-calorie foods. With this in mind, take a look at the list below to better understand how making a poor food choice will not only add calories, but also what those calories equal in terms of additional workout time. It is difficult enough to stay on track; don't allow yourself to fall victim. Always keep healthy snacks nearby.

How much exercise does it take to burn off high-calorie snacks? ³³				
	SNACK	CALORIES	WALK-OFF CALORIES (MEDIUM WALK 3 MPH)	RUN-OFF CALORIES (SLOW RUNNING 5 MPH)
	Crackers (5 crackers = 1 serving)	171	31 min.	16 min.
	Large pizza (1/4 pizza)	449	1 hr. 23 min.	43 min.
	Soft drink	138	26 min.	13 min.
	Dry-roasted peanuts	296	54 min.	28 min.
	Energy bar	211	62 min.	24 min.
	Chocolate bar	229	42 min.	22 min.
	Blueberry muffin	265	48 min.	25 min.
	Medium mocha coffee	290	53 min.	28 min.
	Iced cinnamon roll	420	1 hr. 17 min.	40 min.

PHYSICAL ACTIVITY: Session 2

In Session 2, you will begin to add more physical activity and incorporate balance activities.

There are two types of balance training:

- Static balance, which is the ability to control postural stabilization while standing
- Dynamic balance, which is the ability to anticipate and react to changes in stability as the body moves



Seated hamstring stretch (alternative to standing hamstring stretch)

Sit with one leg extended in front of the body and the opposite leg bent as shown. With a straight back, lower the chest toward the extended leg until there is a gentle stretch to the back of the leg. Hold 15-30 seconds. Repeat two to three times per leg.



Lying quadricep stretch

Lie on your left side. With your right hand, reach for your right ankle and gently pull your heel toward your body. Hold 15-30 seconds. Repeat two to three times on each leg. (If this position is too difficult, place a towel around the ankle and hold the ends of the towel in your hand.)



Kneeling hip flexor stretch

Kneel on the floor or with a pillow under the knee. Shift your weight forward until you feel a stretch to the front of the kneeling hip. Hold the stretch for 15-30 seconds. Repeat two to three times each side. (To modify this stretch, perform it in a standing lunge position and hold on to a steady object for stability.)



Chest stretch

Stand adjacent to the corner wall with hand placed on the wall at shoulder height. Step away from the wall to feel the stretch in your chest. Hold the stretch for 15-30 seconds. Repeat two to three times on each side.



Single leg balance

Stand with feet hip-width apart, shift your weight on your left foot and tap your right foot 6-12 inches in front of you. Lift your foot off the ground and hold for 15-30 seconds. Repeat 3 times. Switch to right foot and repeat.



Side leg balance

Stand with feet hip-width apart, shift your weight on your left foot and tap your right foot 6-12 inches to the side. Lift your foot off the ground and hold for 30 seconds. Rest for 15 seconds. Repeat 3 times. Switch to right foot and repeat.



Single leg squat

Stand with feet hip-width apart, shift your weight on your left foot and lift your right foot 6 inches off the ground. Lower your hips back as if to sit in a chair ensuring that your left knee does not go in front of your left toes. Press through the left foot and return to standing. Repeat 10 times. Rest for 30 seconds. Switch to right foot and repeat.



Balance training and fall prevention

Balance exercises involve maintaining standing and postural stability under a variety of static (without movement) and dynamic (with movement) conditions. These exercises can include standing with one foot in front of the other to alter the base of support, shifting the body weight in different directions, and lifting your foot off the floor.

For an additional challenge to your balance program, close your eyes while moving through your exercises.

Fall prevention tips:

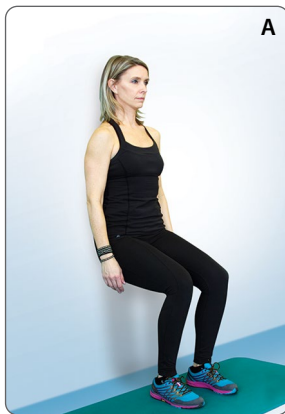
Reducing fall risk in older adults by improving balance not only avoids increasing health care costs, but also gives older adults a more active life.

- Approximately one in three older adults fall each year
- Falls are one of the most serious health risks for older adults and the leading cause of injury-related deaths for this population

PHYSICAL ACTIVITY: Session 3

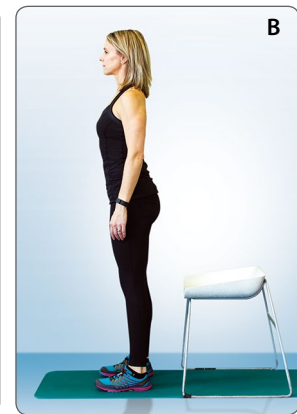
In Session 3, you will increase your strength by adding resistance tubing exercises to your routine. In addition to using your own body weight to increase your strength, you will learn how to effectively use resistance tubing to improve muscular strength and endurance. Here are some of the many benefits of using resistance bands:

- They are good for all fitness levels. Whether you are new to exercise or have been active for years, there are a variety of maneuvers to increase intensity and challenge your body.
- They increase balance and coordination. Bands allow tension throughout the entire exercise, which forces your body to stabilize and use more muscle groups, thereby improving coordination and balance.
- They travel easily. Bands are lightweight and compact, making them easy to take with you to the office, on work trips, or on vacation!



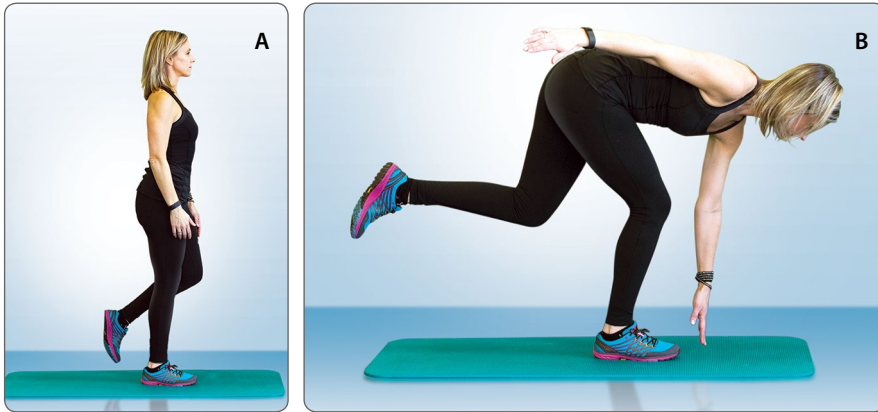
Wall sit

Stand with your back against the wall, knees bent, and heels about 12 inches away from the wall. Press your lower back against the wall and press your heels to the ground. Hold position for 15-30 seconds. Repeat two to three times.



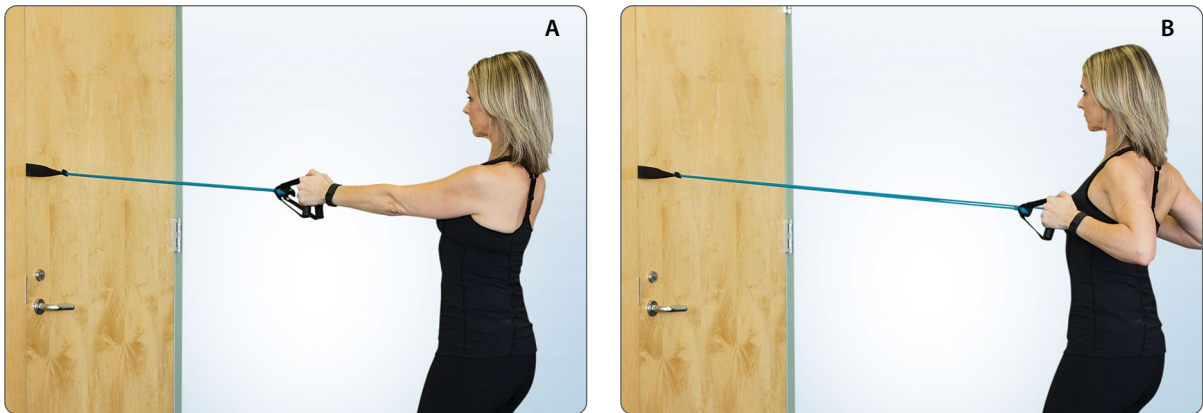
Sit to stand

Sit in a sturdy chair with hands placed at sides. Tighten your stomach and lean slightly forward as you press weight through the heels to a standing position. Attempt to do this without placing your hands on the armrest or your thighs for assistance. Repeat 10 times. Rest 30 seconds. Repeat 10 more times.



Single leg toe touch

Stand on one leg (holding on to a sturdy surface if needed). Reach toward the floor as low as you can and slowly return to starting position. Repeat 10 times, then switch legs and repeat 10 times. Rest 30 seconds. Then do another set of 10 repetitions per leg. (To modify, reach only to the seat of a chair until you are flexible enough to go lower.)



Rowing with tubing

Place tubing anchor at chest height. Stand facing the door while holding handles. Pull the handles back with tubing parallel to the ground and squeeze shoulder blades together. Repeat 10 times. Rest 30 seconds. Repeat 10 more times.



Wall push-up

Stand facing the wall with toes 12-18 inches away from wall. Place your hands chest high on the wall. Keep back straight and bend elbows as you lower your body toward the wall. Repeat 10 times. Rest 30 seconds. Repeat 10 more times.



Tricep kickback with tubing

Place tubing under the arch of the front foot. Grasp handle with palm facing down and bend elbow at 90°. Bend forward from the hip while keeping the back straight. Extend elbow until arm is straight and parallel with the ground.



Bridge

Begin by lying on your back with knees bent and feet on the floor. Lift hips toward the sky until your body forms a diagonal line from knees to shoulders. Tighten stomach and squeeze knees together. Pause briefly and begin to lower one vertebra at a time from the mid back to the tailbone. Repeat 10 times. Rest 30 seconds. Repeat 10 more times.



Cobra

Lie face down with legs straight and toes pointed. Bend elbows and place hands under shoulders. Inhale deeply. As you exhale slowly, press hips toward the floor. Curl chest away from the floor while keeping shoulders away from ears. Hold position 10-20 seconds. Return slowly to start. Repeat two to three times.

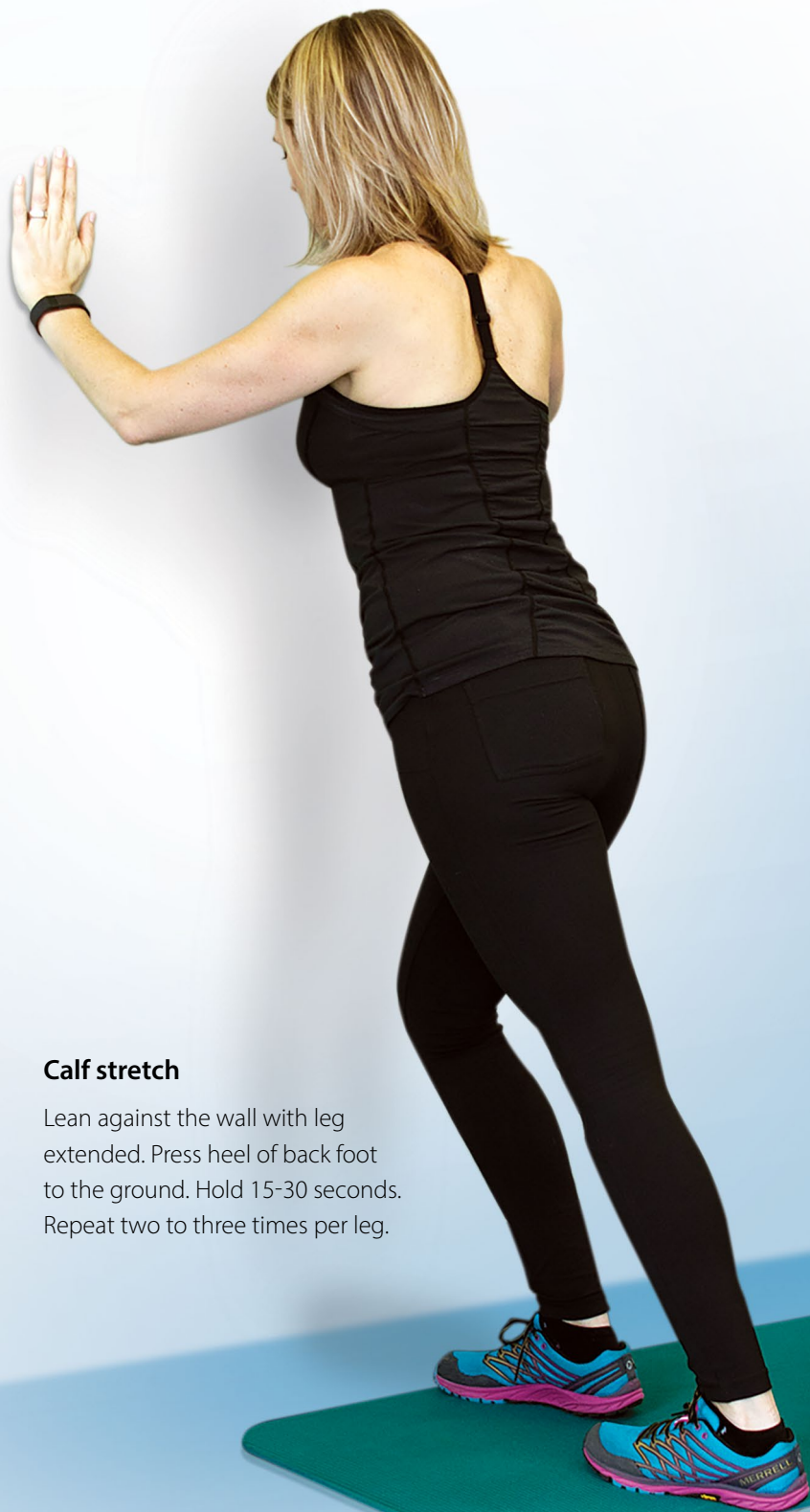


Stretching safely:

- Stretch using a slow, smooth movement and avoid bouncing or fast jerky motions
- Extend the stretch only to the point of feeling mild tension; stretching should not be painful
- Always stretch both sides of the body to maintain balance in the body

Benefits of stretching:

- Helps get oxygen and nutrients to the muscles and improves circulation
- Aids in preventing muscle strains
- Relieves muscle tension and stress
- Increases range of motion and flexibility of joints

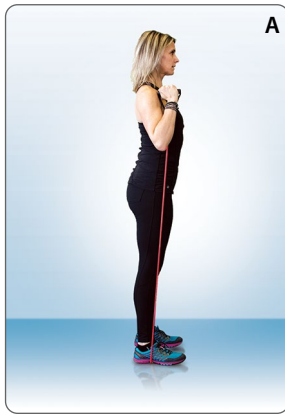


Calf stretch

Lean against the wall with leg extended. Press heel of back foot to the ground. Hold 15-30 seconds. Repeat two to three times per leg.

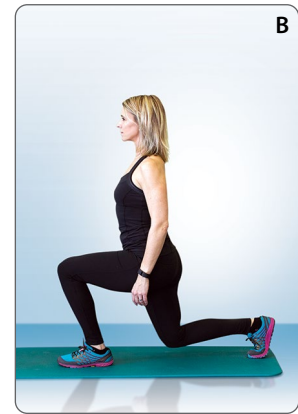
PHYSICAL ACTIVITY: Session 4

Physical activity



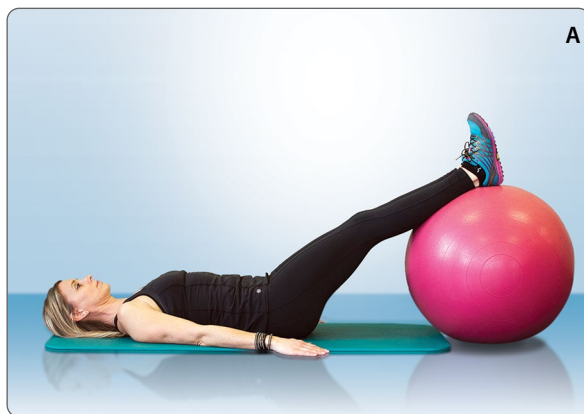
Squat with tubing

Stand with feet placed hip-width apart and tubing positioned under the arches of the feet. Place tubing handles in hands (overhand grip) with elbows bent and hands positioned at shoulder height. Lower your buttocks toward the floor as if to sit in a chair. Return to start. Pay attention to the knees so that they don't fall toward each other or forward of the feet when squatting. Complete 12 repetitions and repeat two times.



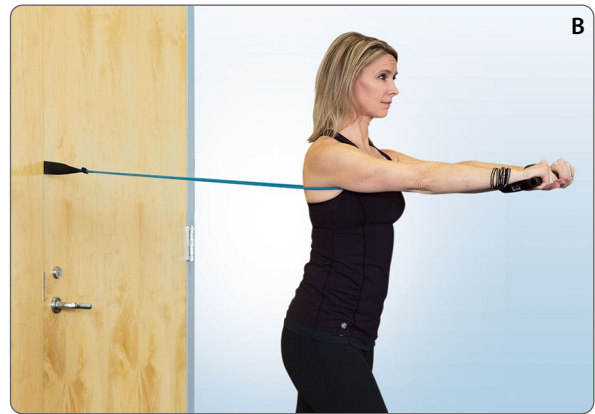
Static lunge

Stand with one foot forward and the other foot back. With shoulders aligned over hips and back straight, bend both knees as you lower your hips toward the ground as if to kneel. Return to start position by pressing through the heel of the front foot and the ball of the back foot. Complete 12 repetitions and repeat two times.



Hip lift

Lie on the floor with outstretched legs placed on a balance ball or edge of a couch. Press your hands into the floor and lift hips towards the sky. Slowly lower yourself back to the floor. Complete 12 repetitions and repeat two times.



Chest press with tubing

Place tubing anchor behind you at chest height. Grasp handles so that palms are facing the floor and tubing is parallel to ground. Begin at shoulder height and press away from the body until arms are fully extended. Return to start. Complete 12 repetitions and repeat two times.



Seated pull-down

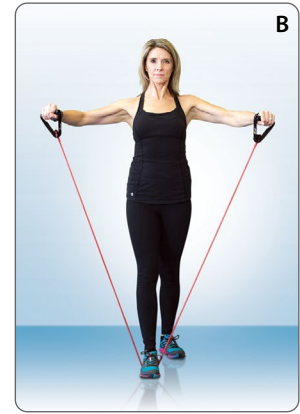
Place tubing anchor at the top of a locked/secure door. With arms extended, grasp handles and bend elbows as you pull down at a 45° angle toward the floor. (Note: Pull shoulders down and away from the ears, squeezing the shoulder blades together as you pull away from the door). Complete 12 repetitions and repeat two times.





Tricep kickback with tubing

Stand with one foot forward and one foot back. Place tubing under the arch of the front foot. Grasp handle with palm facing down and bend elbow at 90°. Bend forward from the hip while keeping the back straight. Extend the elbow until arm is straight and parallel with the ground. Complete 12 repetitions and switch sides. Repeat two sets on each side.



Lateral raise with tubing

Stand with feet staggered hip-distance apart and grasp handles with palms facing at side. Raise both hands (palms facing down) and place one foot forward with tubing under the arch. With arms slightly bent at the elbows, lift tubing until arms are parallel with the ground. Return to start. Complete 12 repetitions and repeat two times.



Single leg bridge

Lie face up on the floor. Bend one knee and place foot flat on the floor. The opposite leg should remain extended with foot flexed (toes to sky). Press hands into the floor as you lift your hips upward and elevate the straight leg. Pause, then lower your leg and back slowly to the starting position. Complete 12 repetitions on each leg and repeat two times. (If this is too difficult, continue with two-legged bridge variation.)



Dead bug

Lie face up on the floor. Position your feet off the ground and hips and knees at 90°. Press hands into the ground as you lower one foot to the ground and return to the start. Slowly lower the opposite foot to the ground and return to starting. Complete 12 repetitions on each leg. Repeat two times.



Super hero

Lie face down on the floor and position hands outstretched overhead with legs extended (resting on floor for starting position). Lift hands and feet at the same time (keeping arms and legs fully extended) and hold position for 10-20 seconds. Repeat two to three times. (To modify, place a rolled towel under forehead.)



Cobra

Lie face down with legs straight and toes pointed. Bend elbows and place hands under shoulders. Inhale deeply. As you exhale slowly, press hips toward the floor. Curl chest away from the floor while keeping shoulders away from ears. Hold position 10-20 seconds. Return slowly to start. Repeat two to three times.



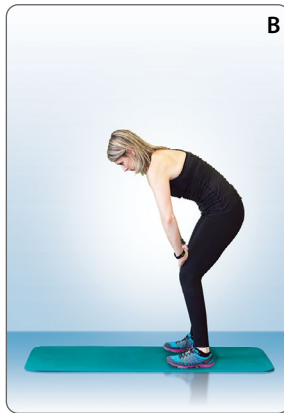
Quadricep stretch

Choose from the standing quadriceps stretch or lying quadriceps stretch presented in Session 1. Hold position for 15-30 seconds. Repeat two to three times on each leg.



Hamstring stretch

Whether you choose to stretch hamstrings seated or standing, remember to keep the back straight and foot in flexed position (as shown). Hold stretch 15-30 seconds and repeat two to three times.



Cat/camel low back stretch

With feet firmly planted shoulder-width apart, lower your hands to your knees and then bend your knees approximately 45° (with back straight). Now round out the back, sucking in the gut while pointing your tailbone toward the ground. Slowly return to the starting position. Complete 10 repetitions slowly.



Kneeling hip flexor with overhead reach

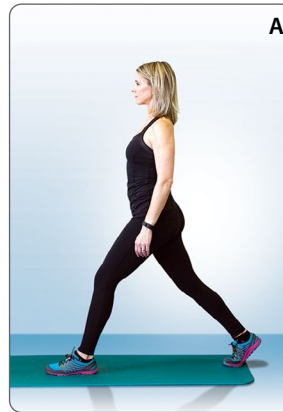
You were introduced to the kneeling hip flexor stretch in Session 2. This time, follow the same form, but ensure that you position yourself next to a wall. When in the kneeling position, slowly reach overhead and toward the wall (lightly touching wall with fingertips or palms) to increase the stretch to the side. Hold for 15-30 seconds. Repeat two to three times on each side.

PHYSICAL ACTIVITY: Session 5



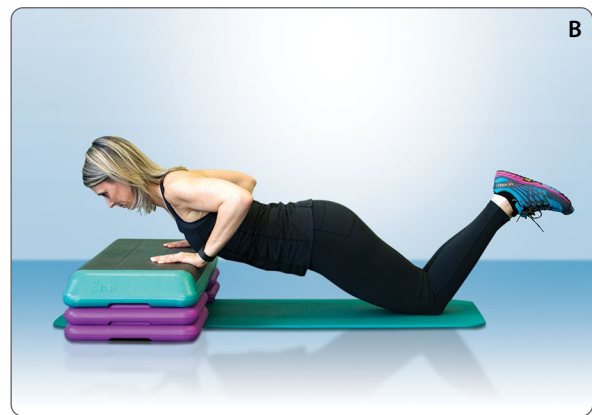
Step-up

Stand facing a 12" step. Place one foot on the step and press weight through the heel until standing on the step. Return to start. Repeat 12 times on the same leg. Switch legs and complete 12 repetitions on the opposite leg. Complete two sets for each leg. If you don't have the equipment needed you can use a step in a stairway or perform a static lunge instead.



Static lunge

Stand with one foot forward and the other foot back. With shoulders aligned over the hips, bend your knees as you lower your hips toward the ground. Return to starting position by placing weight evenly through the heel of the front foot and the ball of the back foot. Repeat 12 times on the same leg. Switch legs and complete 12 repetitions on the opposite leg. Complete two sets for each leg.



Incline push-up

Place knees on a soft mat with hands at shoulder width apart on a step. Keep your back straight and bend elbows to 90° as you lower your body toward the step. Keep stomach tightened as you press your body away from the step and back to the starting position. Repeat 12 times and complete two sets. If you don't have the equipment needed you can use a step in a stairway or skip the step and perform a traditional push-up on your knees.



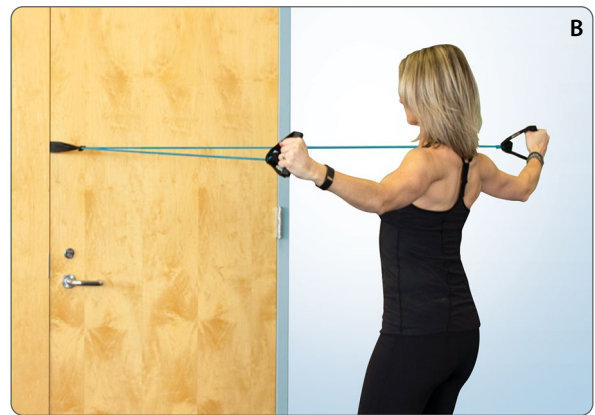
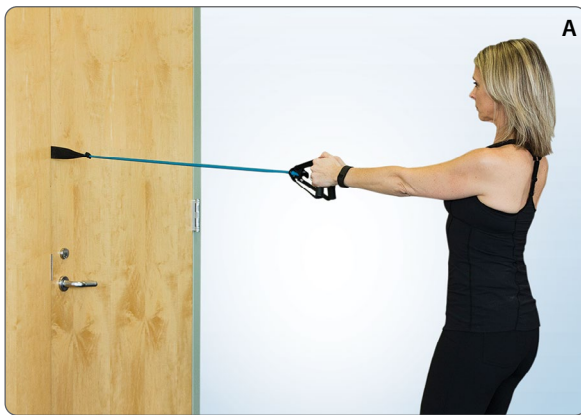
Side step with tubing

Stand with tubing placed under the arches of both feet. Grasp handles and make an "X" with the tubing in front of the body. Step to the right 12 times. Then step to the left 12 times. Complete two sets with each leg.



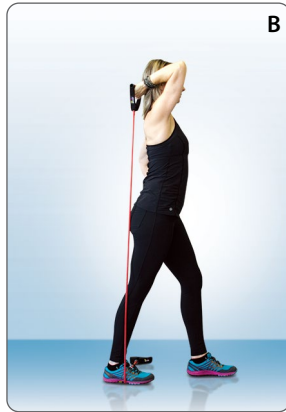
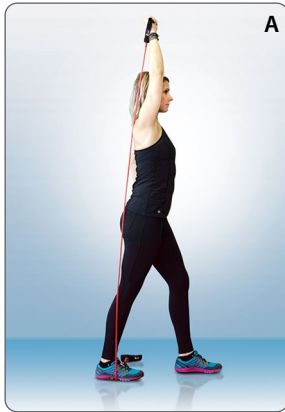
Lat pull-down with tubing

Place tubing anchor at the top of a secure/locked door. With your arms extended toward the door, grasp handles and step back until you feel a slight resistance. Bend your elbows as you pull down at a 45° angle towards the floor. (Note: Pull shoulders down away from ears and squeeze shoulder blades together as you pull.) Complete two sets of 12 repetitions.



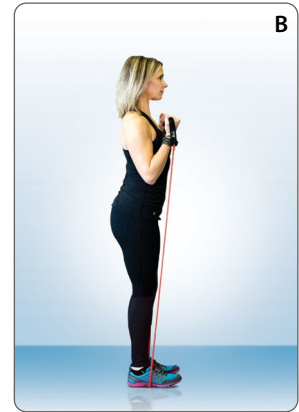
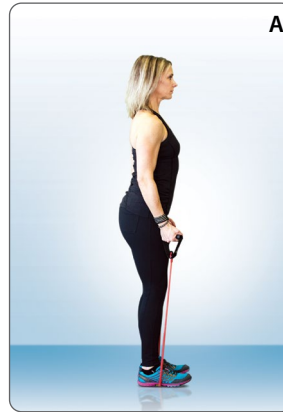
Reverse fly with tubing

Place tubing anchor in a secure/locked door at chest height. With arms extended in front, grasp handles and step back until you feel a slight resistance. Pull tubing back with a wide grip, arms slightly bent at the elbow and parallel to the ground with palms facing the wall. Squeeze shoulder blades together. Slowly return to starting position. Complete two sets of 12 repetitions.



Overhead triceps with tubing

Stand with staggered feet, about hip-width apart with right foot back and left foot forward. Secure tubing under the arch of the back (right) foot. Grasp handle in your right hand and extend arm straight overhead so that your upper arm is near your ear. Bend the elbow as you lower your hand behind your head toward the ground. Return to the starting position and repeat 12 times. Switch arms and feet and repeat 12 times. Complete two sets for each side.



Bicep curl with tubing

Stand with feet hip-distance apart with tubing placed under the arches of your feet. Grasp handles at sides with palms facing the sky. Bend arms at the elbows and lift handles to shoulder height. Return to the starting position and repeat 12 times. Complete two sets of 12 repetitions. (Note: Keep your elbows aligned with the body and directly under the shoulders while performing this exercise.)





Single leg bridge

Lie face up on the floor. Bend one knee and place foot flat on the floor. The opposite leg should remain extended with foot flexed (toes to sky). Press hands into the floor as you lift your hips upward and elevate the straight leg. Pause, then lower your leg and back slowly to the starting position. Complete 12 repetitions on each leg and repeat two times. (If this is too difficult, continue with two-legged bridge variation from Session 2.)



Dead bug

Lie face up on the floor. Position your feet off the ground and hips and knees at 90°. Press hands into the ground as you lower one foot to the ground and return to the start. Slowly lower the opposite foot to the ground and return to starting. Complete 12 repetitions on each leg. Repeat two times.



The swimmer

Lie face down on the mat, placing a rolled/folded towel under forehead if desired. Lift the right arm and then the left leg up off the floor at the same time. Hold the position briefly and return to start. Repeat on the opposite side. Alternate between sides for a total of 12 repetitions on each side. Complete two sets.



Spinal balance

Begin on hands and knees with your spine aligned in a straight line from the top of the head to the tailbone. Extend your right arm and left leg in opposite directions. Hold the position briefly and return to the start. Repeat movement on the opposite side. Alternate slowly between sides for a total of 12 repetitions on each side. Complete two sets.



Lying torso stretch

Lie on your back with knees bent and feet on the floor. Drop your knees to the left toward the floor. Extend your right arm to the right side and turn your head toward your right hand. Hold position for 15-30 seconds. Repeat on the opposite side. Repeat two to three times for each side.

Seated piriformis stretch

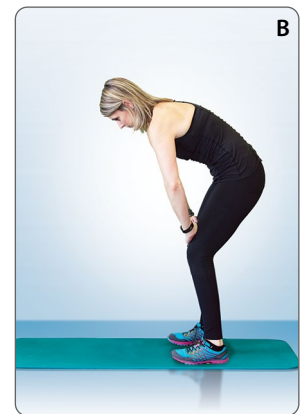
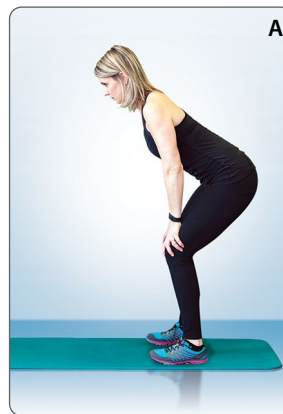
Sit with legs outstretched in front of you. Flex your right foot so that your toes are pointed toward the sky. Bend your left leg and cross it over your right extended leg. Keep back straight and chest elevated as you wrap your arms around your left knee, pulling it toward your chest. Hold for 15-30 seconds. Switch to the opposite side. Repeat two to three times for each side.





Standing adductor stretch

Stand with feet placed wider than hip-distance apart. Place your hands at your hips (or on a steady/secure surface in front of you for added stability). Bend forward from the hip while keeping the back straight. Shift your weight toward the right as you bend your right knee forward and push your hips back. You should feel the stretch in the straight leg. Hold 15-30 seconds. Slowly return to start. Repeat two to three times on each side.



Cat/camel lower back stretch

With feet firmly planted shoulder-width apart, lower your hands to your knees and then bend your knees approximately 45° (with back straight). Now round out the back, sucking in the gut while pointing your tailbone toward the ground. Slowly return to the starting position. Complete 10 repetitions slowly.



10 ways exercise makes you a happier person

Increases dopamine in the brain

Dopamine is a chemical in the brain that's associated with feelings of pleasure and happiness. And exercise is one of the best ways to increase your brain's dopamine production, helping you maintain a positive mood.

Boosts energy

Ever have a really great workout and then feel even more energized after you were done? That's because exercise is a wonderful energy booster, and more energy often equals more happiness.

Lowers anxiety and depression

Recent studies have shown that people who suffer from anxiety and depression can achieve long-term relief from exercising and its mood-boosting benefits.

Stress reducer

Stressed out? Exercise is a form of low-level stress itself, and the more you subject yourself to the "stress" of working out, the better your body will adapt to stress.

Slows down cognitive decline

Studies have shown that regular exercise can help slow down cognitive decline, aiding memory and learning in the process.



Increases brain power

It's been shown that getting in some good cardio can help to create new brain cells, improving your overall brain performance.

Boosts self-confidence

There's nothing quite like having an awesome workout and then feeling a great sense of accomplishment. Strength training boosts your confidence by seeing improvements in your body composition. Studies have shown that exercising outdoors (which is more scenic than a gym treadmill) can also increase self-esteem.

Promotes better sleep

Having sleep issues? Regular exercise has been shown to improve sleep quality. And we all know that better sleep equals a much happier you.

Enhances coping skills

Exercise can help you cope with your problems in a healthy and happy way.

Promotes relaxation

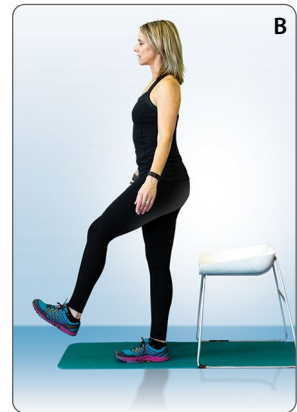
Exercise can help you unwind after a hard day and be more relaxed, too.

PHYSICAL ACTIVITY: Session 6



Lunge with tubing

Stand with front foot on the tubing (positioned under the arch) and grasp handles with palms facing each other and at shoulder height. Step back with opposite foot and bend knee while lowering hips toward the ground. Press weight through the heel of the front foot and return to starting position. Complete 10 repetitions and repeat three times.



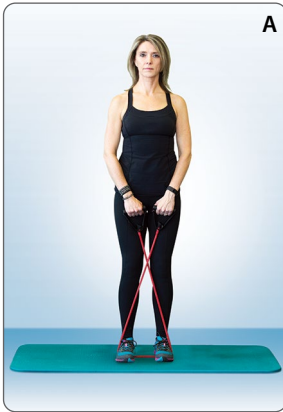
Single leg stand

Sit in a chair with hands placed at sides. Contract abdominals and lean slightly forward as you press your weight through the right heel and move from a seated position to a single leg standing position. Balance briefly on one leg and slowly return to start position. Complete 10 repetitions on one leg and switch to the opposite leg. Repeat three times on each side.



Single leg toe touch

Stand on one leg, reach toward the floor as low as you can while maintaining a slight bend in the standing leg. Contract your abdominals as you slowly return to start position. Complete 10 repetitions on one leg and switch to the opposite leg. Repeat three times on each side. (Note: For added challenge, add 5 lb. weight in hand as you lower to the ground.)



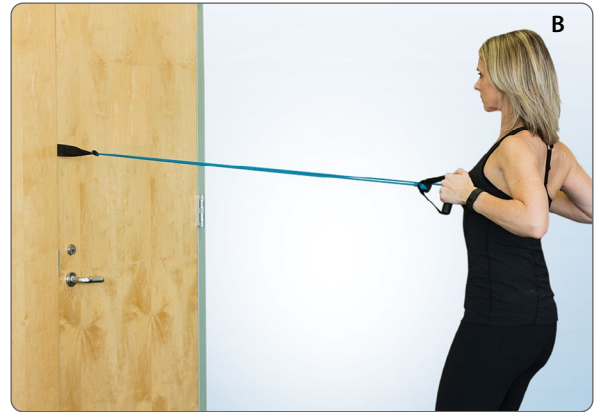
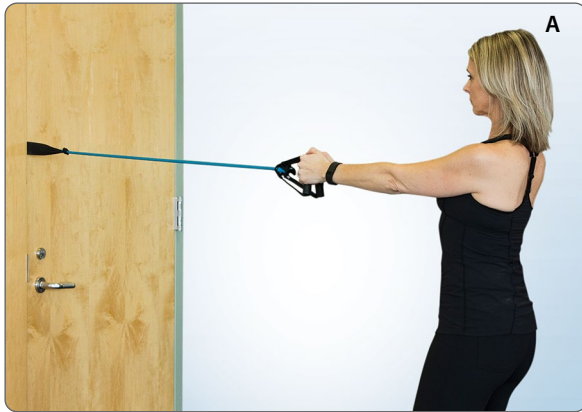
Side step with tubing

Stand with tubing positioned under the arches of both feet. Hold handles so that the tubing makes an "X" in front of the body. With tubing under foot, travel leftward in short steps 10 times. Reverse direction back to the start for 10 steps. Complete three steps of 10 repetitions in each direction.



Push-up

Position hands under shoulders and toes under ankles. Maintain a straight line from the top of your head through the shoulders, hips, knees, and ankles. Bend your elbows and lower your body toward the floor until your elbows are at 90°. With a straight body, press through the hands and return to start. Complete 10 repetitions and repeat three times.



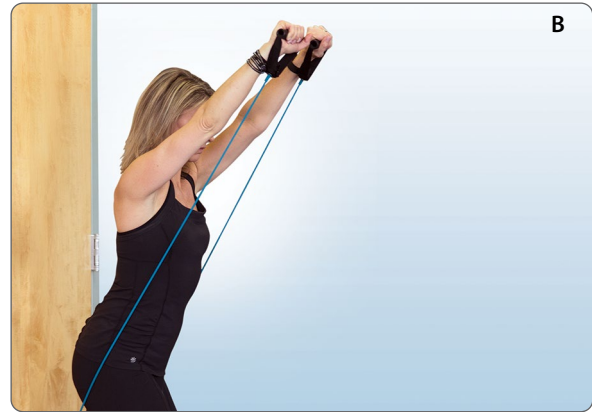
Rowing with tubing

Place tubing anchor at chest height. Stand facing the door while holding handles. Pull the handles back with tubing parallel to the ground and squeeze shoulder blades together. Repeat 10 times. Complete 10 repetitions and repeat three times.



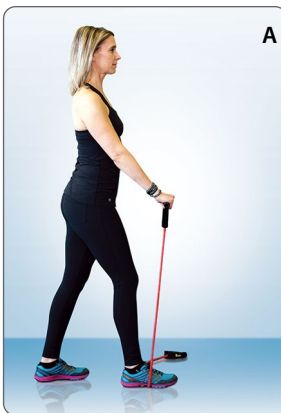
Torso rotation with tubing

Stand with one side to the wall with feet hip-distance apart. With arms extended in front at chest height, grasp both handles and rotate away from the wall. Slowly return to start and complete 10 repetitions. Repeat three times on each side.



Incline chest press

Position tubing at the base of the door. Grasp handles so that palms are facing forward. Position feet so that one foot is in front of the other to help stabilize as you lean forward from the hip and press the tubing at a 45° angle toward the sky. Return to start by lowering the elbows toward the base of the door. Complete 10 repetitions and repeat three times.



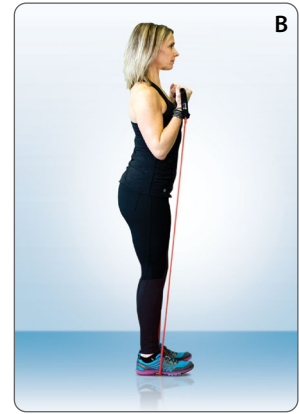
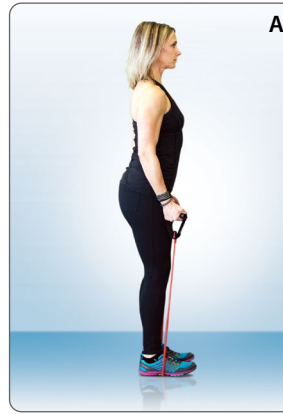
Front rise

Stand with staggered feet beginning with right foot forward. Place tubing under the arch of the front foot. Grasp handle on the same side as forward foot. With palm facing the ground, extend straight arm to shoulder height. Lower straight arm until you no longer feel tension in the band and repeat 10 times. Switch to the opposite side and repeat 10 times. Complete three sets of 10 repetitions on each side.



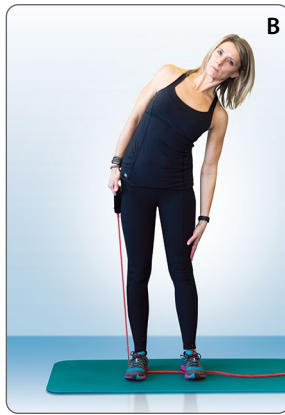
Tricep kickback with tubing

Stand with one foot forward and one foot back. Place tubing under the arch of one front foot. Grasp handle with palm facing down and bend elbow at 90°. Bend forward from the hip while keeping the back straight. Extend the elbow until arm is straight and parallel with the ground. Complete 10 repetitions and switch sides. Repeat three sets on each side.



Bicep curl with tubing

Stand with feet hip-distance apart with tubing placed under the arches of your feet. Grasp handles at sides with palms facing the sky. Bend arms at the elbows and lift handles to shoulder height. Return to the starting position and repeat 10 times. Complete three sets of 10 repetitions. (Note: Keep your elbows aligned with the body and directly under the shoulders while performing this exercise.)



Side bends with tubing

Stand with feet hip-distance apart and tubing placed under the arch of the right foot so that there is enough resistance to feel tension. Grasp the handle with the right hand with palm facing leg. Bend at the waist toward the left and return to start slowly. Complete 10 repetitions and repeat three times on each side of the body.



Single leg bridge

Lie face up on the floor. Bend one knee and place foot flat on the floor. The opposite leg should remain extended with foot flexed (toes to sky). Press hands into the floor as you lift your hips upward and elevate the straight leg. Pause, then lower your leg and back slowly to the starting position. Perform 10 repetitions on each leg and repeat three times. (If this is too difficult, continue with two-legged bridge variation from Session 2.)



Prone hover on knees

Begin by placing elbows directly under shoulders and knees bent on the mat. Lower hips towards the ground until your body forms a diagonal line from the knees to shoulders. Hold position for 15-30 seconds. (Note: To increase the intensity, perform exercise on elbows and toes as shown in second photo. Repeat three times.)



Cobra

Lie face down with legs straight and toes pointed. Bend elbows and place hands under shoulders. Inhale deeply. As you exhale slowly, press hips toward the floor. Curl chest away from the floor while keeping shoulders away from ears. Hold position 10-20 seconds. Return slowly to start. Repeat two to three times.

Child's pose-low back stretch

Position yourself on a mat on hands and knees. Lower your hips toward your knees and extend your arms over your head on the mat. Relax your chest and head toward the floor. Hold 15-30 seconds. If being on your knees is too challenging, you can continue to do the standing cat/camel stretch for low back.



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