



*Seeking an Antidote to Sedentary, Pandemic-Induced Lifestyles:
Perspectives on Movement*

17 Movements, 10 Minutes



DISCLAIMER
This is a general informational guide only. It is not intended to be used as a substitute for professional medical advice. Always consult your physician or other qualified health care provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read in this guide. If you have a medical condition, please consult your physician before using any of the exercises.

Neck Rotations Stand with feet hip-width apart. Turn your head to the right and hold for 10 seconds. Repeat to the other side. 10 seconds	Overhead Reach Stand with feet hip-width apart. Reach up and hold for 10 seconds. 10 seconds	Neck Sidebend Stand with feet hip-width apart. Bend your neck to the side and hold for 10 seconds. Repeat to the other side. 10 seconds
Neck Rotations Stand with feet hip-width apart. Turn your head to the right and hold for 10 seconds. Repeat to the other side. 10 seconds	Stable of Liberty Stand with feet hip-width apart. Lift one leg and hold for 10 seconds. Repeat with the other leg. 10 seconds	T1 Sidebend Stand with feet hip-width apart. Bend your neck to the side and hold for 10 seconds. Repeat to the other side. 10 seconds
Grab the Seatbelt Stand with feet hip-width apart. Grab the seatbelt and hold for 10 seconds. Repeat to the other side. 10 seconds	Shoulder Retract and Press Stand with feet hip-width apart. Retract your shoulders and press your arms up and hold for 10 seconds. 10 seconds	Heel Raise Stand with feet hip-width apart. Raise your heels and hold for 10 seconds. 10 seconds
Toe Raise Stand with feet hip-width apart. Raise your toes and hold for 10 seconds. 10 seconds	Forward Lunge Stand with feet hip-width apart. Step forward with one leg and hold for 10 seconds. Repeat with the other leg. 10 seconds	Single-leg Balance Stand with feet hip-width apart. Lift one leg and hold for 10 seconds. 10 seconds
Wind Squat Stand with feet hip-width apart. Squat down and hold for 10 seconds. Repeat to the other side. 10 seconds	Side Step Stand with feet hip-width apart. Step to the side and hold for 10 seconds. Repeat to the other side. 10 seconds	Runners Lunge Stand with feet hip-width apart. Step forward with one leg and hold for 10 seconds. Repeat with the other leg. 10 seconds
Dynamic Butterfly Stand with feet hip-width apart. Bring your knees together and hold for 10 seconds. Repeat to the other side. 10 seconds	Runners Lunge Stand with feet hip-width apart. Step forward with one leg and hold for 10 seconds. Repeat with the other leg. 10 seconds	

Medical Moments, 5 minutes



Calculating Your 1 RM



Tendinopathy



Laptop Ergonomics



Balance



Exercise and Memory



Walking: The 6th Vital Sign



Exercise Orbs



Blood Flow Restriction Training



Energy Crisis



Cardio Tests and Measures

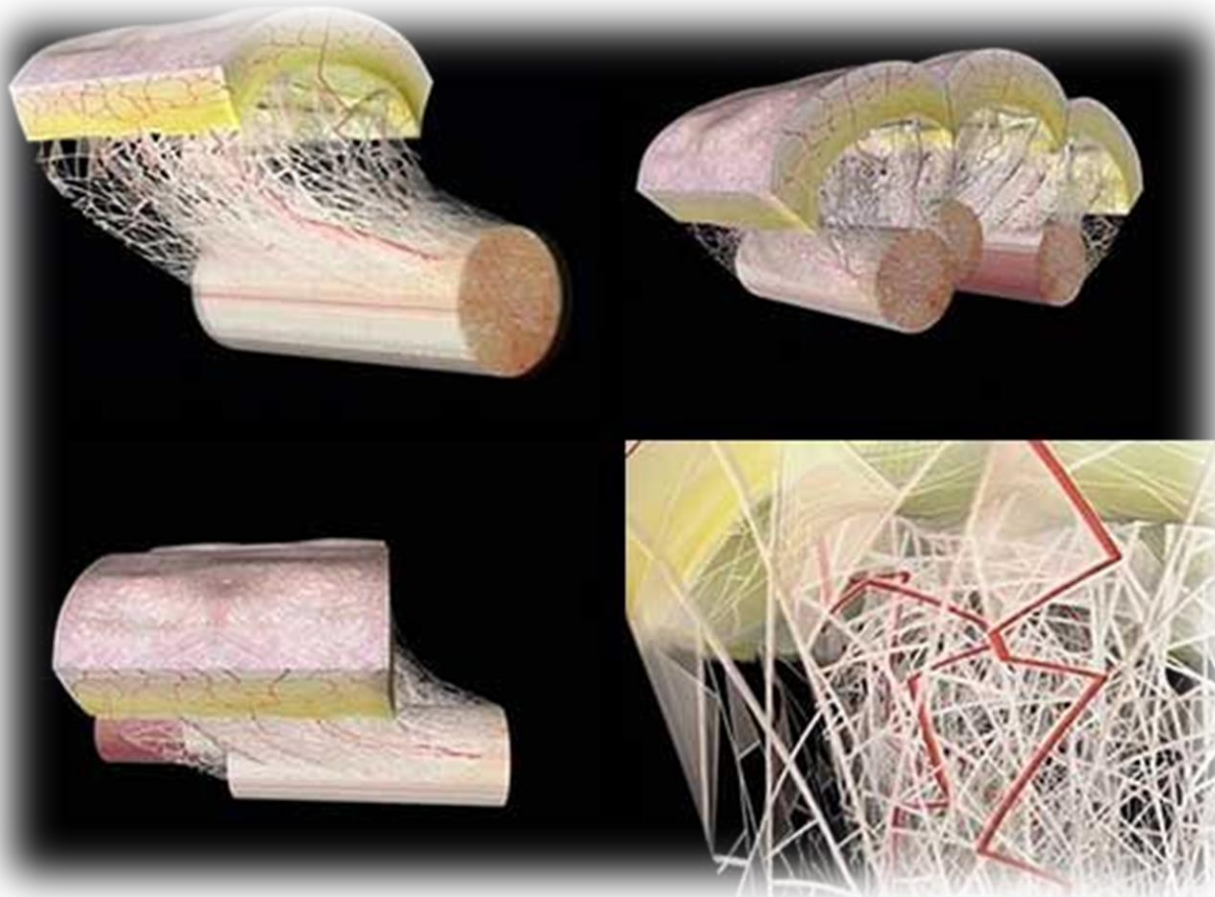


History of Massage

Tensegrity



Bio-tensegrity



Pandiculation: Preparation for Safe Movement



Muscle Spindles, Golgi Tendon Organs, and Reset Buttons

For more information, contact:

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