



B.E.A.C.H.

THE BODY EDUCATION
ALIGNMENT CENTER
FOR HEALTH

Get Off Your Seat!

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Regardless of whether you have an active job or a sedentary/seated job, or whether you are an exerciser or not, we could all probably “stand” to move a bit more.

But the answer isn’t just in standing. It’s in the moving more.

Your body adapts to what you do. And even when you’re not doing something, you’re still doing something and your body is adapting. So change positions often and move more of you more of the time. Every little bit helps and every little bit counts. It doesn’t have to look or feel like “exercise”.

Ideas:

- Sit less, stand more.
- Pay attention to how you sit and how you stand.
- Move more when sitting and when standing. Get your weight back in your heels!
- Think about moving your head & neck, your arms, your waist, your spine your feet.
- Stretch your arms, your chest, your hands, your back, your legs, your feet.
- Sit differently, vary your position. Try sitting on a balance disk. Get off your tailbone!
- Think about how you stand up. Try not to use your arms. Try to use more of your backside- don’t let your knees go forward.
- Have a tennis ball with you when working to stretch and mobilize your feet.
- Move your eyes around, look far away.
- Go outside several times during the day.
- Take a 5min movement or stretch break at least once/hour.
- Take the “long” or “inconvenient” way when walking from one place to another.
- Choose the grass or gravel or bark path if possible. Get off the pavement.
- Wear clothes you can move and sit differently in (skirts make it hard to sit cross-legged).
- Wear shoes that have little to no heel, and that can be slipped off easily for barefoot time and for foot stretches.
- BREATHE! Feel your ribcage expand and get bigger when you breathe in and blow all of your air out when you exhale to feel your abdominal muscles contract. Do this as a breathing exercise (not really how you’re gonna breathe all the time!)

In short, get off your seat and move more of you more of the time! 😊

Wanna learn more? Join us:

FREE Intro to Alignment Class

Saturday, June 17th, 10:15-11:15am

RSVP by email info@alignmentbeach.com or call 805.642.9900

You can get half domes, Yoga TuneUp balls, the *Don’t Just Sit There* book, & more at our studio.

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