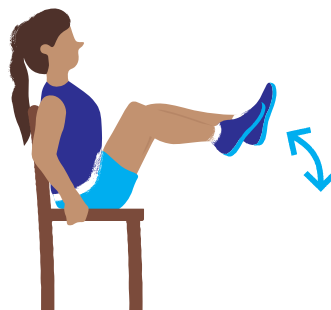


# FIVE WAYS TO MOVE YOUR LOWER BODY WHILE SITTING

Repeat each activity for **30 seconds**

## Seated leg tucks



1. Sit on your chair and keep your back straight.
2. Raise both legs, bend your knees and bring them in towards your chest, then back out and lower them back to the floor.

## Seated leg raises



1. Sit on your chair and keep your back straight.
2. Keep both legs straight whilst raising them up, then slowly bring them back down to the floor, repeat.

## Seated leg crossovers



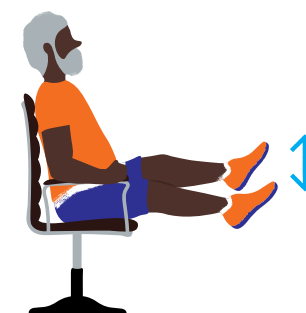
1. Sit on your chair and keep your back straight.
2. Raise both your legs and cross your left leg over your right leg, then cross your right leg over your left leg.

## Seated cycling



1. Sit on your chair and keep your back straight.
2. Bend your knees and move one leg at a time forward in a circular rotation.

## Seated straight leg kicks



1. Sit on your chair and keep your back straight. Raise your legs.
2. Keeping your legs straight, lift your right leg and then lower it.
3. Repeat with your other leg.