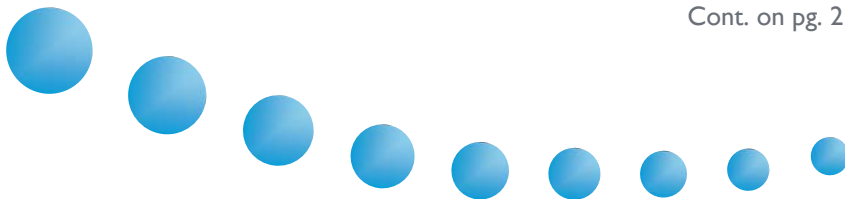


the fast five healthy back exercise program

With many of us trapped between a monitor and a desk chair for most of our work day, it's important to try to keep our posture upright and our back healthy. Here are five exercises that can help you keep your back loose and your mind focused.

- **the hand-heel rock:** Starting on your hands and knees, sit back on your heels, keeping your head down. Hold 5-10 seconds, returning to your hands and knees, then rock forward, keeping your elbows straight but bringing your hips down onto the table. Return to your hands and knees. Repeat 10 times.
- **modified sit-ups:** Lying on your back, with your knees bent, curl your head and shoulder blades up slowly off the table, and then back down. Repeat 10 times. Add 1 a day as able until you get to 25 repetitions.
- **prone pointers:** Lie on your stomach with your arms outstretched above your head. Raise your right arm and left leg off the floor only a little, at the same time. Relax, and repeat this with your left arm and right leg. Repeat 5 times. Build up to 15 repetitions with each limb.
- **squat holds:** While standing and keeping your back straight, bend your knees and squat as far as your knees allow, but no lower than if you were sitting in a chair. Straighten both arms out in front

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of you, hands clasped. Hold 5 seconds. Repeat 10 times. Build up as able to hold for 30 seconds and 15 repetitions.

- **walking program:** Begin by walking at a comfortable pace for 10 minutes at least 3 times weekly. If you have no back pain and your endurance permits, increase by 5 to 10 minutes. Continue to build until you are able to walk briskly for 45 minutes at least 3 times weekly.

Special thanks to Glinn & Giordano Physical Therapy
for sharing these tips!

The material and information contained in this article is for information only and is not intended to serve as medical advice or consultation. Consult your personal physician before beginning any exercise program or self-treatment.

