

# 2014 Health Fair

## Did you know?

### The Canadian Physical Activity Guidelines for Adults 18-64 years\*

To achieve health benefits, adults aged 18-64 years should accumulate at least 150 minutes of moderate- to vigorous-intensity aerobic physical activity per week, in bouts of 10 minutes or more.

It is also beneficial to add muscle and bone strengthening activities using major muscle groups, at least 2 days per week.

\*Canadian Society For Exercise Physiology



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## CHAIR BASED EXERCISE

Stuck in the office? A busy work schedule is no excuse for not working out! You don't have to leave your desk to get some exercise into your day. These seated moves require no equipment and offer a great way to improve your strength and flexibility when you can't get to the gym.

*Ensure that the chair you use is sturdy and stable. While exercising, if you experience chest pain, dizziness or severe shortness of breath, stop immediately and seek medical attention.*



## WARM UP EXERCISES

### MARCH

Sit tall at the front edge of your chair. March with control. Pump the arms. Continue for 1 to 2 minutes



### KICK & JAB

Sit tall at the front edge of your chair. Alternate kicking each leg forward and punching the opposite arm out. Continue for 1 to 2 minutes



### DIAGONAL REACH

Sit up tall, at the front of your chair. Reach one arm across the body on a long diagonal, step the opposite foot out to the side. Repeat with the other arm & leg. Continue for 1 to 2 minutes



## LOWER BODY EXERCISES

### LEG LIFT & TWIST

Sit at the edge of the chair, cross the arms over the chest, extend the right leg straight out. Engage the abs and rotate the torso to the right as the right knee squeezes the left. Return to start position and repeat with the other leg. 10x each leg



### ONE LEGGED SQUAT

Stand a few feet in front of the chair, facing away from it. Place one leg behind you on the seat of the chair and place your hands on your hips. Slowly bend the knee of the standing leg and lower your hips. Carefully straighten your standing leg. Repeat 6x each leg



## UPPER BODY EXERCISES

### PUSH UP

Stand and face your chair. Place your hands on the sides. Walk your feet back into a plank position (your back in a straight line). Keep your core engaged. Slowly lower down towards the chair. Repeat 10x



### TRICEP DIP

Sit at the edge of your chair and take an overhand grip, straightening the arms. Walk your feet out in front of you. Lift your body forward, off the chair. Bend the elbows to lower your body down and straighten the arms to come back up. Point your elbows back behind you—not out to the sides. Make it harder by straightening the legs. Repeat 10x



## CORE EXERCISES

### KNEE TUCKS

Sit at the edge of the chair. Place your hands at your sides. Stretch your legs forward and lift your feet off the floor. Engage the abs and draw the knees in towards the chest. Extend the legs. Repeat 10x



### TORSO EXTENSION

Lay across the chair, on the stomach. Allow the torso to hang down over the chair. Place your hand behind your head, elbows out to the side. Engage the abdominals strongly. Lift the upper body and legs into a long line. Relax and hang back down over the chair. Repeat 10x



## COOL DOWN STRETCH

### SPINE TWIST

Sit very tall with your feet hip width apart. Place one hand on the opposite knee and hold the chair back with the other hand. Twist your upper body and head to look behind you. Repeat on the opposite side. Hold for 30 seconds



### SPINE STRETCH

Sit tall on your chair, feet flat on the floor, without leaning into your chair back. Lace your fingers in front of you. Scoop your abs in and round your spine, keeping your shoulders relaxed. Breathe deeply. Hold for 30 seconds



### QUAD STRETCH

Stand and place one hand on the back of your chair. Bend your leg bringing your heel towards your rear. Grasp the top of your ankle. Hold the stretch for 30 seconds. Repeat with the other leg

