





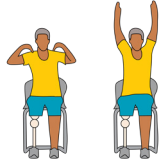









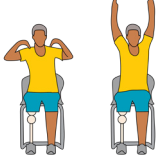









SIT STRONG CHALLENGE: 4 WEEKS OF CHAIR FITNESS

COMPLETE AN ACTIVITY EVERY DAY TO **MOVE MORE AND FEEL GREAT!**

| | | | | | | |
|---|--|--|--|--|---|---|
|  <p>1 TO 2 SETS of 10 ARM CIRCLES</p> |  <p>EXERCISE YOUR MIND 2 to 3 minutes of mindful breathing</p> |  <p>1 TO 2 SETS of 10 AIR PUNCHES</p> | <p>FIND YOUR 30 Get your heart rate up doing any kind of movement you like</p> |  <p>1 TO 2 SETS of 10 BICEP CURLS</p> |  <p>DANCE IT OUT Have a dance party in your lounge room</p> |  <p>1 TO 2 SETS of 10 SEATED MARCHES</p> |
| <p>FIND YOUR 30 Get your heart rate up doing any kind of movement you like</p> |  <p>1 TO 2 SETS of 10 SHOULDER TAPS</p> |  <p>MOVE STRONGER Complete our 3 minute workout plan (see next page)</p> |  <p>1 TO 2 SETS of 10 SIDE TWISTS</p> |  <p>DANCE IT OUT Have a dance party in your lounge room</p> |  <p>1 TO 2 SETS of 10 LEG EXTENSIONS</p> |  <p>EXERCISE YOUR MIND 2 to 5 minutes of mindful movement</p> |
|  <p>1 TO 2 SETS of 10 ARM CIRCLES</p> |  <p>MOVE STRONGER Complete our 3 minute workout plan (see next page)</p> |  <p>1 TO 2 SETS of 10 AIR PUNCHES</p> |  <p>EXERCISE YOUR MIND 2 to 3 minutes of mindful breathing</p> |  <p>1 TO 2 SETS of 10 SHOULDER TAPS</p> | <p>FIND YOUR 30 Get your heart rate up doing any kind of movement you like</p> |  <p>1 TO 2 SETS of 10 SIDE TWISTS</p> |
|  <p>EXERCISE YOUR MIND 2 to 5 minutes of mindful movement</p> |  <p>1 TO 2 SETS of 10 BICEP CURLS</p> | <p>FIND YOUR 30 Get your heart rate up doing any kind of movement you like</p> |  <p>1 TO 2 SETS of 10 LEG EXTENSIONS</p> |  <p>MOVE STRONGER Complete our 3 minute workout plan (see next page)</p> |  <p>1 TO 2 SETS of 10 SEATED MARCHES</p> |  <p>DANCE IT OUT Have a dance party in your lounge room</p> |



CONGRATULATIONS!
YOU'VE COMPLETED THE SIT STRONG CHALLENGE



Government of Western Australia
Department of Health



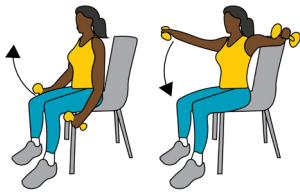
3 MINUTE

SEATED WORKOUT

Our 3-minute seated workout can be done virtually anywhere, all you need is a timer, small weights, a ball, and some space around you.

Instructions: Choose an exercise and do it for 30 seconds. Then repeat or choose another one. Mix and match exercises to complete at least 3 minutes of movement. TIP: Water bottles or cans of food make good weights if you don't have dumbbells.

Bonus! If you have more than 3 minutes to spare why not do a few extra exercises?



Lateral raise

Sit up straight with a weight in each hand, arms by your side and elbows slightly bent. With your palms facing down, raise your arms outwards and upwards to shoulder height. Bring the weights back down to your side and repeat.



Chest press with ball

Sit up straight holding a ball (or imaginary ball) in front of your chest, elbows out to the side. Squeeze the ball and extend your arms out in front of you. Bring the ball back to your chest while still squeezing the ball. Repeat.



Overhead triceps extension

Sit up straight, grip both hands on one weight. Raise your arms straight up overhead with your arms alongside your ears. Bend your elbows and slowly lower the weight behind your head. Raise the weight back up over your head and repeat.



Y-press

Sit up straight with a weight in each hand, up near your shoulders, palms facing forward. Straighten your arm - moving them upward forming a Y with your body. Come back to the starting position and repeat.

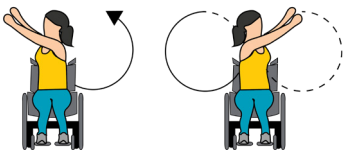


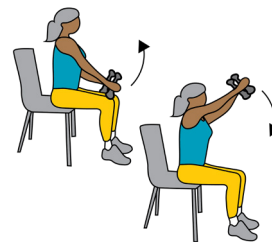
Figure 8

Sit up straight holding each end of a weight in your hands. Extend your arms straight out in front of you. Move the weight in a sideways figure-eight pattern in front of you, rotating your torso as you move through the exercise.



Wood chop

Sit up straight holding each end of a weight in your hands. Keeping arms outstretched, rotate your torso to the left, raising the weight over your left shoulder. Slowly swing the weight down to your right knee while rotating your torso to the right. Repeat for reps, then switch sides.



Front raises

Sit up straight with a weight in each hand. Start with the weights resting on your knees, palms facing down, and lift the weights upwards to shoulder height. Hold the weights in front of you for 2 seconds, then lower the weights back down to your knees. Repeat.



Seated marches

Sit up straight with your feet on the floor. Without rocking back, lift your right leg as high as you can with your knee bent. Lower your foot to the floor and repeat on the left leg. Repeat. If you cannot move your legs, lift them up with your hands.