

# 4 MOVES TO START TODAY OFF RIGHT

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it's totally possible.

**NO NEED TO STEP AWAY FROM  
THE OFFICE TO SQUEEZE IN SOME  
STRETCHES! KEEP YOUR MIND AND  
BODY WORKING AT THEIR FULL  
POTENTIAL WITH THESE SIMPLE  
DESK EXERCISES, THREE TIMES  
A WEEK.**



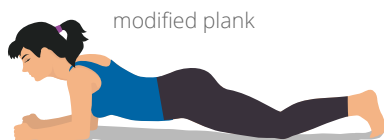
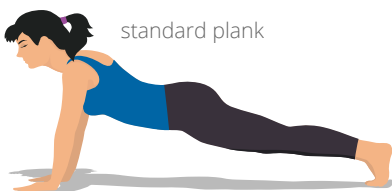
## SEATED CAT-COW

1. Sit in your office chair
2. Put both feet flat on the floor so your knees form a 90-degree angle.
3. Place your hands on your knees.
4. As you inhale, arch your back and look up toward the ceiling, slowly opening your chest (like a cat stretching).
5. As you exhale, round your spine, letting your head drop forward (like a cow grazing).
6. Repeat for three to five breath cycles.



## STANDING CRESCENT

1. Stand up and place your feet hip distance apart.
2. Turn your body perpendicular to your desk, holding it with your left hand for stability.
3. Keeping your feet pressed evenly into the ground, raise your right arm as you inhale. Then exhale as you bend your body sideways to the left.
4. As you inhale, stretch your right arm even higher toward the ceiling; as you exhale, deepen the stretch to the left side.
5. Feel the stretch from your fingertips all the way down through your grounded feet.
6. Turn and stretch to the other side.



## SEATED FORWARD BEND

1. Push your chair back several feet from your desk.
2. Place both feet flat on the floor, and scoot closer to the edge of your chair.
3. Interlace your fingers behind your lower back, and straighten your arms.
4. Fold forward at the waist, raising your interlaced hands over your back toward the ceiling.
5. Rest your chest on your thighs, and release your neck.

## PLANK

1. Get into a pushup position on the ground, with your hands directly under your shoulders. To simplify, lower your knees and forearms.
2. Keep your body in a straight line, from your shoulders to your toes.
3. Contract your stomach muscles to stay balanced.
4. Hold the pose for 10 seconds (or longer!).