Cut these apart and tape them in place for daily reminders to move!

...in the Car

It is not advisable to take your attention away from driving.

1. Shoulder rolls 20x
2. Exhale your abs in & pulse 5x for 15 sets
3. Flex both glutes 20x
4. Alternate glute flex 25x
5. Ear toward shoulder 10x
6. Squeeze shoulders back 15x & hold 5 secs
7. Bend elbow & rotate arm in shoulder socket 8/ea

FIT2B.US

… in the Loo

Clear the area & have a handhold nearby for balance.

1. Calf-raises or squats while brushing teeth.
2. Hold Tree Pose or wide squat while flossing.
3. Hip circles or wall pushouts with abs tight while you swish.
4. All of the above plus side bridges & modified planks while kids bathe.

FIT2B.US

... at the Desk

1. Rise up on toes 25x
2. Neck rolls 5x each way
3. Draw alphabet with feet
4. Fingers to thumbs 10x
5. Chair hover squats 10x
6. Shoulder rolls 20x
7. Arm circles 15x
8. Leg curl - lift foot up toward bottom 15x/ea
9. Leg extensions 15x/ea

switch to a standing work station for weight loss & better posture

FIT2B.US

... at the Park

1. Hang & move your legs
2. Use a low bar for push ups - tummy tight!
3. Hold a chin-up position for as long as you can
4. Squat & exhale your abs inward with every push of your child's swing
5. Get on a swing yourself & pump those legs!
6. Climb around the playground 5x

FIT2B.US

...in the Kitchen

1. Hip circles, tree pose, squats, calf raises, little jumps while stirring
2. Modified pushups with hands on counter 8-10x
3. Tricep dips on a chair, start with holds, then dip
4. Use a towel under each foot to "skate mop.
5. Stretch while reading recipes or helping kids with homework

FIT2B.US

...in the Bedroom

1. Getting in: Sit on edge of bed & lay sideways
2. Getting out: Roll to your side & slide up into a sitting position, abs in.
3. On your back: Hip lifts, leg circles, knee lifts all with abs in tight
4. On your tummy: Leg curls, alternating arm/leg raises, childs pose
5. Coitus burns calories ;)

FIT2B.US

Disclaimer: All physical movement has risks. By printing out this document, you are assuming responsibility for your own fitness. If you do not understand a certain term or exercise, it is your job to educate yourself on correct form prior to potentially injurying yourself by doing that exercise incorrectly. Fit2B Studio is not liable for any injury/death incurred by you or anyone around you when you're using these exercises. Pushing your body past its limits is a choice for which you accept responsibility. If something hurts, stop exercising. If you experience pain, bleeding, numbness, tingling, dizziness, nausea (or you feel worse after exercising, not better) discontinue what you are doing and consult a knowledgeable professional or physician about

your concerns. By reading this and/or printing it out for personal use, you are agreeing to this disclaimer. Thank you!