

Here is a great 5-10 minute routine designed to stimulate your musculature, improve the function of your heart and lungs, increase your metabolism, improve your concentration, and leave you with a smile on your face. You may complete this at home, in the office, and or whenever you please!

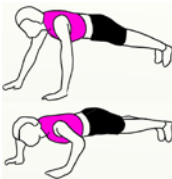
Warm-Up ►



Perform light to moderate cardiovascular exercise for 2-5 minutes. This will assist in delivering blood to the muscles in preparation for exercise, lubricate your joints, and will fire up your nervous system for activity. Warming up is essential to prepare your body for exercise, increase performance and quality of exercise, and decrease your risk of injury.

Following a Cardiovascular warm-up dynamic stretching is recommended. Call PAL (1877-725-1149) for any questions you may have with warming up.

Pushups ►

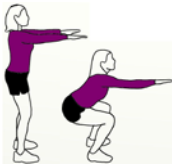


- **Beginner:** Start on the wall. Place your feet shoulder width apart. Move your chest towards the wall until your elbows are at a 90 degree angle (inhale on the way down). Finish the movement by exhaling and pushing yourself to the starting position using your upper body musculature. Don't forget to keep your core muscles (abdominals and lower back) contracted.

- **Intermediate:** Use a kitchen counter or solid desk and follow the same procedure as above. You can also choose to do this on the ground and use your knees as the pivot point as opposed to your toes to make this easier.

- **Advanced:** Use your toes as the pivot point (standard). If you are well developed and looking for a serious challenge, find a partner and ask them to place some pressure just on-top of your shoulder blades for extra intensity.

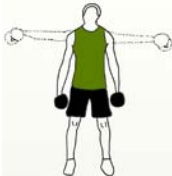
Squats ►



- **Beginner:** Use a chair. Pretend you are about to take a seat and just before your bum reaches the seat, use your leg muscles to lift you back upright (if needed use your arms to lift yourself). Make sure that your knees do not move beyond your toes during the movement (keep your bum back), and keep your core activated.

- **Intermediate & Advanced:** Feel free to remove the chair and aim to make your thighs parallel to the ground. For increased intensity feel free to add weights.

Lateral Raises ►



- So simple, yet effective! Can be done standing or seated. Start with your arms at your sides, hands pointing to the floor. Use your shoulder muscles to lift your arms until you form a big T with your body. At this point lower your arms and repeat. Don't forget to breath. To increase the intensity feel free to add free weights, grocery bags, text books, or even beverage containers!

Cool Down ►



Perform light to moderate cardiovascular exercise for 2-5 minutes. This will assist in circulating your blood throughout your body in order to deliver nutrients to the muscles and remove waste products. It also decreases the stress on the cardiovascular system and decreases risk of injury. Call PAL (1877-725-1149) for any questions you may have with cooling down.

If you have ANY questions or concerns about the information provided and would like to discuss this with a qualified exercise professional please do not hesitate to contact the Physical Activity Line (www.physicalactivityline.com, 1-877-725-1149).