



# Move More, Milton!

Be active, more often

## Couch Potato Workout

Sneak in a workout and stay active during commercial breaks with these quick exercises. (Remember to breathe through each exercise.)

### Squats

- Stand in front of your couch with feet shoulder width apart and shoulders back.
- Sit your bottom back as if you are going to take a seat on the couch.
- Pause for two seconds just before your bottom would land on the couch.
- Return to a standing position.
- Repeat five times.

### Bent Over Rows

- Grab two cans from your kitchen cupboard/pantry.
- Sit on your couch with your feet flat on the floor and your knees together.
- Bend at the hip and lower your chest to your knees with arms hanging down beside your legs.
- Raise your arms straight out to the side and up towards the ceiling as far as you can, squeezing your shoulder blades together and making sure not to lift your chest off your knees.
- Lower your arms and return to the starting position.
- Repeat five times.



### Ab Crunches

- Lie on your back on the floor or mat, with knees bent and feet flat on the floor.
- Place your arms beside your body and lift your shoulders off the ground.
- Raise your upper body towards the ceiling, slide your hands toward your feet and tighten your stomach.
- Pause for two seconds and return your shoulders to the floor.
- Repeat ten times.

### Tricep Dips

- Sit on the end of the couch with your hands beside your legs, and your legs forward.
- Lift your bottom off the couch and lower towards the floor until your arms are at a 90 degree angle.
- Using your arms, push yourself back up until your elbows are straight.
- Repeat five times.

