

## Wake Up, Shake Up – sitting down routine

Start your day right by completing your 5-a-day movement sequence in 1 minute. Movements include mobility, stretching, endurance, balance, and transfer of weight.

You can perform this routine either sitting down throughout on a bed or a chair or complete the routine seated to standing. Choose the option that works for you.

### Part 1 - mobility

1. Sit up straight and place your feet flat on the ground.
2. Perform 1 shoulder circle backwards.
3. Do it again while placing your hands on your shoulders and circle your elbows back 1 time.
4. Put your hands in front of the bottom of your tummy, then extend your arms up as much as feels comfortable and complete 1 big circle backwards.
5. Repeat the sequence.
6. When you get to the full arm circles, at the same time circle your wrists 3 times as your arms move down by your side.

### Part 2 - mobility and stretch

1. Twist your body round to the left and wrap your arms around your body with one arm across your tummy and the other arm behind your back
2. Repeat the twist, this time to the right and wrap your arms around your body with the other arm across your tummy and behind your back
3. Using the arm closest to your pillow (if carrying out routine on the bed), pat your pillow 4 times (or do it in the air if you are sitting on a chair or standing). Slightly stretch behind you with the last pat.
4. Twist your body again 2 more times (away from your pillow first), wrapping your arms around your body as before
5. Use the opposite hand to brush the creases out of the bed sheets (or do this in the air if sitting on a chair or standing) three times
6. On the fourth brush stretch out the arm and hand you are using as far out to the side as you can.

7. Stretch the arm up and over until your hand rests on the opposite shoulder. Place the other hand onto the opposite shoulder. (You should be in a cross position with your arms)
8. Sway your shoulders and torso to one side and then to the other.
9. Lift both hands above your head, stretch your arms up and out, stretching out the fingers as your arms travel back down to the side of your body

### **Part 3 – hands and feet**

1. Stretch your arms out in front of you. Clench your hands and pull your arms into your body by bending your elbows and tucking them close to your sides. At the same time move your feet backwards in a brushing motion. This is to prepare a secure base to stand.
2. Put your hands on the top of your legs, close to your body. Keep looking ahead while you tilt your hips forward, leaning your upper body forwards. Imagine your nose is leading the movement, over your toes.
3. Lean back to sit upright. Take a big breath in and out.
4. While still sitting march your feet up and down 7 times. Bend your arms at the elbows and swing your arms back and forward at the same time as marching
5. Clap your hands above or in front of you.

### **Part 4 - endurance**

1. Shoot your arms up above your head to the left, then right, then in front of you to the left and right, and finally push your arms down to the left and then right of you
2. A final shoot of the arms straight down to the floor. To swing your arms up to clap high or just under your chin.
3. Repeat this sequence.

### **Part 5 - endurance and transfer of weight**

1. Stretch your left leg out to the left and point your toe to touch the floor and then bring your leg back

2. Extend your right arm out to the side and point, while turning your head to look to the right at the same time and then bring your arm back
3. Stretch your right leg out to the right and point your toe to touch the floor and then bring your leg back
4. Extend your left arm out to the side and point, while turning your head to face the left at the same time and then bring your arm back
5. Rest your left hand on the bed. Extend your right arm out to the right-hand side and then circle it up and over your head, while stretching your body over sideways to your left.
6. Repeat this on the other side of your body. Rest your right hand on the bed. Extend your left arm out to the left-hand side and circle it up and over your head, while stretching your body over sideways to your right.
7. Move your arms back to your sides and bend both arms at the elbows. March 8 times while swinging your arms backwards and forwards.