



Chair Champions Power Moves

**Choose one exercise every 30 minutes
throughout your sitting day!**



**Ahhh
Scalene
Stretch:**
Hand below
collar bone,
press down
as chin lifts
up

**Feel Good
Shoulder
Reaches**



**Power
Pec
Stretch**



Butterfly Openers



This content is for informational and educational purposes only. It does not take the place of medical advice or treatment from a physical therapist or other healthcare provider. Please consult with a physical therapist or healthcare provider for specific health concerns or questions.

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