

HOME EXERCISE FOR THE PANDEMIC

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Take a photo to use these tips at home!

DEEP BELLY BREATHS

- Sit or lie down with your head slightly elevated.
- Breathe in through your nose making sure your belly rises, not your chest.
- Hold the breath for several seconds.
- Exhale through your mouth, pursing your lips slightly.
- A good count is 4 sec./inhale, 3-4 sec./hold, 5-6 sec./exhale.
- Try 5-10 breaths several times a day, as needed. Very relaxing!

FOOT & ANKLE STRETCHES

- Remove shoes and place feet over the edge of your bed, foot stool, coffee table, etc.

Complete 5-8 reps of each:

- Point both toes away from your body and hold for 3 sec.
- Bring both feet/toes toward your chin and hold for 3 sec.
- With feet in neutral position (90 deg. at ankle), turn the outside of your feet up and out and hold for 3 sec.
- Return to neutral position, and this time turn the inside of your feet up and in and hold for 3 sec.

AIR SQUATS

- Stand with feet shoulder-width apart or slightly wider.
- Fold your arms over your forearms ("genie" position)
- Keeping your head level and heels on the ground, sit back into a squat. (This should take about 3 sec.)
- Squat until both thighs are parallel to the floor and hold for 1 sec.
- Return to your initial standing position (This should take about 2 sec.)
- Repeat 8-12 repetitions, breathing normally and following the 3, 1, 2 count described above.

FUNCTIONAL LUNGES

- Stand straight and tall with head level and hands on hips.
- Step back with your left leg and lower your knee to a point just above the ground.
- Return to starting position.
- Repeat 5-6 reps with each leg.
- Stand straight and tall with head level and hands on hips.
- Step out to the left side with your left leg into a parallel squat.
- Return to starting position.
- Repeat 5-6 reps with each leg.

ALWAYS CHECK WITH A PHYSICIAN BEFORE BEGINNING ANY EXERCISE PROGRAM

