



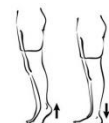
Holiday Shopping Exercises

With the busy holiday season here it may be hard to fit in those workouts. Here are some tips and exercises you can do while hitting the stores and waiting in lines!

1. **Park Far Away** - Start by parking as far away from the entrance as you can. This will give you a little extra cardio and help increase your daily steps. It is recommended that you get 10,000 steps/day!

2. **Take The Stairs** - Try taking the stairs when possible instead of the elevator or escalator. It will increase your cardio workout and build strength in your quad muscles.

3. **Toe Raises** - While standing in line raise up onto your toes and slowly lower until it's time to pay. This will strengthen your calf muscles.



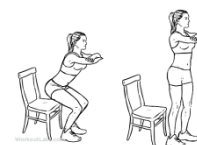
4. **Tandem Balance** - Work on your balance while waiting in line. Try to stand with one foot in front of the other and hold that position for 30 seconds. Use your cart to help you balance at first.



5. **Bag Arm Curls** - Grab your shopping bags or purse (it's probably heavier than it should be) and work on those biceps. With palms facing up slowly bend and lower elbows. Repeat 20-30 times.



6. **Dressing Room Squats** - In between trying on clothes perform a few squats. To do these right, stand in front of the bench with weight through your heels, lower your body until you are almost sitting then stand back up. Try for 10 reps.



Wishing you and your families a wonderful holiday season and New Year!

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