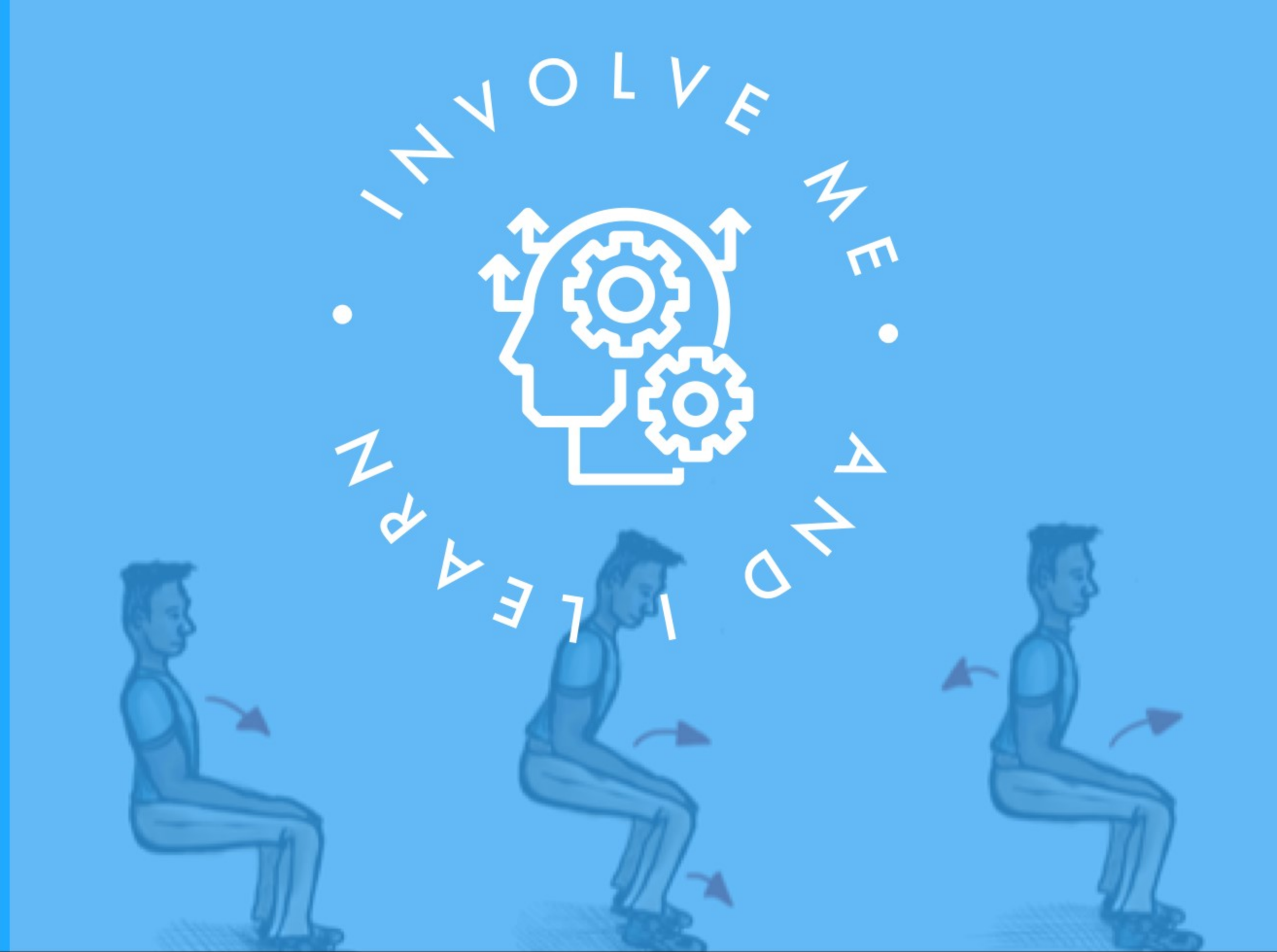


LEARN BY DOING

STOP AND TRY THIS
EXERCISE
BEFORE MOVING FORWARD
TO THE NEXT LESSON.



MOVEMENT BREAK! SIT TO STAND

1

Try from different types of chairs

- Soft deep couch vs Firm chair
- Low vs. High chair
- Chair with and without armrests

2

Change the position of your feet

- Feet parallel
- Staggered stance
- Feet far out
- Feet closer/ underneath you

3

Change your environment

- At a table or desk
- Bed
- From a car
- Tight crowded area vs. Open

4

Change your sensory systems

- Close your eyes
- Turn your head
- Compliant surface (foam, pillow)