

Governing Council Physical Activity Options

We have worked with the Physical Activity Section to develop some recommendations to remain physically active during the two sessions of the Governing Council. The Physical Activity Section believes that we should all “practice what we preach.” To increase physical activity at the Annual Meeting, we have included several ideas below that you - as a Governing Councilor - can use to help us do this.

Below are examples of stretches and exercises that can be completed within one-minute, in-between speakers, during transitions, or in the back of the room. We have provided options for all ability levels.

- **Chin Tuck:** squeeze shoulder blades, look straight, place the index finger on the chin, and gently press back for 15 seconds. Repeat three times.
- **Standing or seated toe raises**
- **Standing or seated heel raises**
- **Seated stretch:** cross leg, activate ankle, grab shin, gently lean forward, and hold for 15 seconds. Switch.
- **Quads Stretch:** Stand, quadriceps stretch, hold on to a chair if needed, and hold for 15 seconds. Switch.
- **Stretch:** seated, shoulder rolls, 15 on each side at the same time (backward and forwards)
 - Link: <https://www.youtube.com/watch?v=jaDa2mV-P30>
- **Chair yoga:** sit on edge of the chair, plant both feet on the floor, sit up nice and tall, take a deep breath in, and a long exhale out - repeat 5 times



- **Chair yoga:** bring your right hand to the outer edge of your left leg, and bring your left hand behind you for a gentle twist; inhale, exhale, and twist further to the left, then release back to the middle -- repeat on right side
 - Link: <https://www.youtube.com/watch?v=tAUf7aajBWE>



- **V-Move** (started by the PA Section's Kaumudi Joshipura!): Even most people who exercise 30 minutes daily are often sedentary. In addition to exercise, newer recommendations emphasize reducing and interrupting sedentary time and adding activity bouts of any duration throughout the day for better health and wellness. However, current norms limit when, where, and how we move. V Move (www.vmovement.org), introduced at a TEDx talk, is a free global movement unified by a logo and hand signal, aiming to change social norms to make the world "move-friendly" to fill the gap between physical activity recommendations and practice. This activity, building on VMove concepts, will engage you in fun group movement to help overcome inhibitions and add "CreActivity" throughout the day without needing any special gear or attire. Come move, overcome barriers of time, resources, and social inhibitions, and help lead change to enable more fun movement anytime and anywhere. Let's inspire people, organizations, and key policymakers so that we can all move freely throughout the day."