

THINK FIT @ ALA

FIND YOURSELF SITTING ALL DAY?

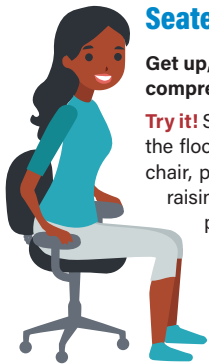
Follow these tips to keep yourself feeling fit and motivated while attending ALA Midwinter.

Leg extensions

Take a seat, this stretch works your hips, thighs, shins and ankle.

Try it! Start by sitting on the edge of your chair and your arms by your sides for stabilization. Extend your left leg straight out and flex your foot. By flexing your foot you engage the muscles in your shin and ankle. Try to lift your leg as high as you can without rounding your back. Hold for 3 seconds and lower.

You've got it! Try 3 sets of 10 reps on each leg.



Seated Press-Ups

Get up, work your triceps and relieve spinal compression.

Try it! Sit in a chair with your feet firmly grounded on the floor. Place your hands on the arm rests of the chair, press down and extend your arms straight raising your body off the chair. Ensure correct posture by keeping your head lined up over your pelvis, this will allow your spine to "dangle" and unravel straight down creating space between each vertebrae. Either hold this position to focus on your spine or push up and down to work the backs of the arm more.

You've got it! Repeat 4 times if holding. If lifting and lowering, try 3 sets of 10 reps.



Watch that slouch!

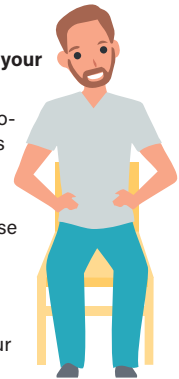
Good posture is key. Whether you sit or stand, keep your shoulders back, abs in and your head tall.

Learn! Posture and your abdominal muscles are a two-way street. A good posture naturally helps strengthens your abs, at the same time exercises focused on the abs supports an improved posture.

Try it! Perfect posture for a sitting position. Follow these 3 steps.

1. Sit at the end of your chair, feet flat on the floor, and knees equal to your hips and slouch completely.
2. Draw yourself up and accentuate the curve of your back as far as possible. Hold for a few seconds.
3. Release the position slightly about 10 degrees.

Got it! This is a good sitting posture for you.



Move!

A relaxed and supported posture is the goal.

Muscles can tire from sitting in the same position for an extended period. This can lead to slumping and other poor postures. To prevent this from happening take breaks from sitting every 30min and stretch, stand or walk.

First Aid

7:00 am - 7:00 pm

PCC-Next to room 125, between Exhibit Halls C & D



Yoga/Meditation Room

Friday, January 24 - Monday, January 27 • 9:00 am - 7:00 pm

PCC-307-B

Need your yoga fix or a minute for some meditation? ALA's yoga room is fully equipped with what you need to reach a peaceful and tranquil state of mind.