

# Exercising During Treatment:

## *Tips for adding movement to your day*

Active sitting sounds like a contradiction. But it's a way to add movement to your day.

Certified personal trainer Sarah Lane-Ayers uses paper plates to get in a leg workout when she'd otherwise just be sitting.

- Start with good posture – head over your shoulders, shoulders over your hips, knees over your ankles. Keep your back in what's called the neutral spine position, meaning maintain the natural curve.
- Put your feet on paper plates.
- Use your foot to push a plate to the side, and then bring it back in. Do the same on the other side.
- Next, make circles with the plates, moving clockwise and counterclockwise. You can do one foot at a time or both together.
- Try a skiing motion. Move the plates forward and back, and also move your arms forward and back.
- The exercises open your hips and improve range of motion. Do as many of each exercise as is comfortable. "Work at your own pace," Lane-Ayers said. "Listen to your body."



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Always consult your physician before beginning any exercise program

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