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**7 Exercises to Reduce the Effects of Sitting.**

These 7 exercises should be performed daily and after any periods of prolonged sitting. You should spend about 1 min on each exercise.

If you have any questions email us at [getphyt@phytforfunction.com](mailto:getphyt@phytforfunction.com).

These exercises do not replace any medical advice and should not be taken as such.

Do you have a specific problem, posture change, or pain with sitting. Consider an evaluation with one of our therapists to put together a personalized plan for you. Our 6 session package is a financial commitment but if we’re able to help you sit longer, and then stand without pain, it’s a win win.

To discuss if our 6 session package is a good “PHYT” for you Schedule a free phone consult today [Phyt.janeapp.com](http://phyt.janeapp.com/)

**Daily 7 Exercises to Reverse Sitting:**

Exercises to be performed daily. Spend one minute on each exercise.

1. **Foam Roll The Glutes and Piriformis Area**
   1. [https://youtu.be/ZZVL6y\_Ydnc](a.%09https:/youtu.be/ZZVL6y_Ydnc)
2. **Foam Roll the Thoracic Spine.** 
   1. <https://www.youtube.com/watch?v=tBUVK6-iJK8>
3. **Foam Roll The Lats**
   1. <https://youtu.be/m-54Vd-9QuI>
4. **Prone Prop with a Reach**
   1. <https://www.youtube.com/watch?v=nktrVF5JDL0>
5. **Standing Wall Slides**
   1. <https://www.youtube.com/watch?v=99WOJb9-A9M>
6. **Kneeling Hip Flexor Stretch**
   1. <https://www.youtube.com/watch?v=mtWubjJfy2s>
7. **Big toe and Calf Stretch.** 
   1. <https://www.youtube.com/watch?v=z4GaZRxenks&t=112s>