

CHW Movement Sparks Outline

(Ron Jones, MS, ACSM Health/Fitness Instructor, Corporate Wellcoach)



SESSION EXERCISES

1. Introduction & Justification (0-1:00)
2. Movement Exercises (1:00-5:00)
 - A. **Sitting-Sedentary Breaks (Tension Relief)**
 - Head Turn
 - Head Tilt
 - Head ½ Roll
 - Shoulder Roll
 - Shoulder 'L'
 - Shoulder Twist-Turn
 - B. **Standing-Dynamic Warm Ups (Activity Prep)**
 - Spinal Rotation
 - Scorpion
 - Lateral Reach
 - Standing Heisman
 - Calf Stretch
 - Squat & Reach
3. Conclusion (5:00+10 seconds)

SESSION OUTLINES

Session #1: "The essence of decay is inactivity."—Jack LaLanne

1. LET'S MOVE! ☺
2. Sitting Exercises (Neck & Shoulders)
 - **Head Turn** (Only move head & neck)
 - **Head Tilt** (Keep shoulders down & back)
 - **Shoulder Roll** (Stand tall as you pull back)
3. Standing Exercises (Spine)
 - **Spinal Rotation** (Keep hips still-move spine)
 - **Scorpion** (Look back & down with twist)

"From a small spark, Great flame has risen."--Dante

Session #2: "The first wealth is health."—Emerson

1. LET'S MOVE! ☺
2. Sitting Exercises (Neck & Shoulders)
 - **Head Turn** (Only move head & neck)
 - **Head ½ Roll** (Keep shoulders back & down)
 - **Shoulder 'L'** (Keep elbow even with shoulder)
3. Standing Exercises (Spine & Hips)
 - **Lateral Reach** (Reach straight down towards knee in midline)
 - **Standing Heisman** (Pull knee up & across diagonally)

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Get Fit. 🇺🇸 Be Strong.

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Session #3:

“Not exercising is a depressant.”--David Tal Ben-Shahar, Harvard U.

1. LET'S MOVE! ☺
2. Sitting Exercises (Head & Shoulders)
 - **Head ½ Roll** (Keep shoulders back & down)
 - **Shoulder Roll** (Stand tall as you pull back)
 - **Twist Turn** (Rotate “upper arm” in shoulder joint)
3. Standing Exercises (Legs)
 - **Calf Stretch** (Keep foot pointed straight forward)
 - **Squat & Reach** (Feet flat, feet square, flat back, head up)

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