COUCHERCISE
for a Healthier You

While watching your favorite television program, take advantage of the commercial breaks and perform these simple exercises from your couch:

**Couch Dips:**
Sit on the edge of the couch with your feet together. Place your hands on either side of your thighs, keeping your feet flat on the floor. Bend your elbows 90 degrees, lowering yourself toward the floor. Raise your body back to the starting position. Repeat.

**Couch Squats:**
Stand in front of your couch. Bending at the knees, lower yourself to the edge of the couch, just to the point where you are barely touching the couch. Return to a standing position. To make this exercise more challenging, try to perform the squat using only one leg at a time!

**Flutter Kicks:**
With a straight back, sit on your couch with your legs extended in front of you and your arms extended outward for balance. Lightly move your legs upward and downward in small, kicking motions.

**Pillow Rotations:**
Grab a couch pillow and with a straight back sit on the edge of the couch with your feet flat of the floor. Lean back slightly engaging your abdominal muscles. Hold the couch pillow in your hands with your arms straight out in front of you, then rotate the pillow from one hip to the other in a side to side motion.

**Couch Push Ups:**
Use the arm or back of your couch for this exercise. Keeping your arms straight, place both hands firmly on the couch while extending your feet backward, placing your body in a diagonal position. Bending at the elbows, lower your chest to the couch then return to the starting position.

**Couch Calf Raises:**
Stand next to your couch with your feet flat on the floor. You can use a hand to hold on to the couch for balance. Lift your heels up off the floor and stand on your tip toes, then lower your heels back down and repeat. To make it more challenging, try doing one leg at a time!

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