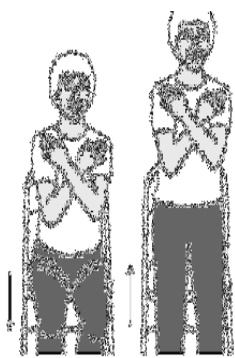


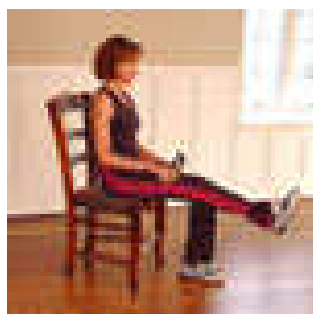
February SMART Start 2009—Perform each exercise 10 –15 times every day *at work* and get one point for that day!



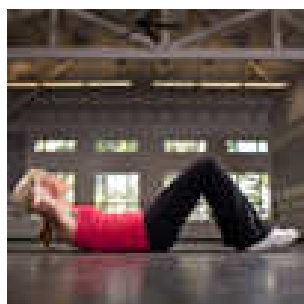
Chair Stand



Chest – Wall Push



Knee Extension



Abdominals—crunches on the floor...

OR CRUNCHES in YOUR CHAIR

Sitting upright, lean forward and contract your abs while breathing out. It doesn't take much of a forward lean to feel the squeeze; Hold your squeeze for two or three seconds and then return to an upright position. Repeat 10 - 15 times daily