



# STUDENTS CAN USE MUSCLES IN THE CLASSROOM

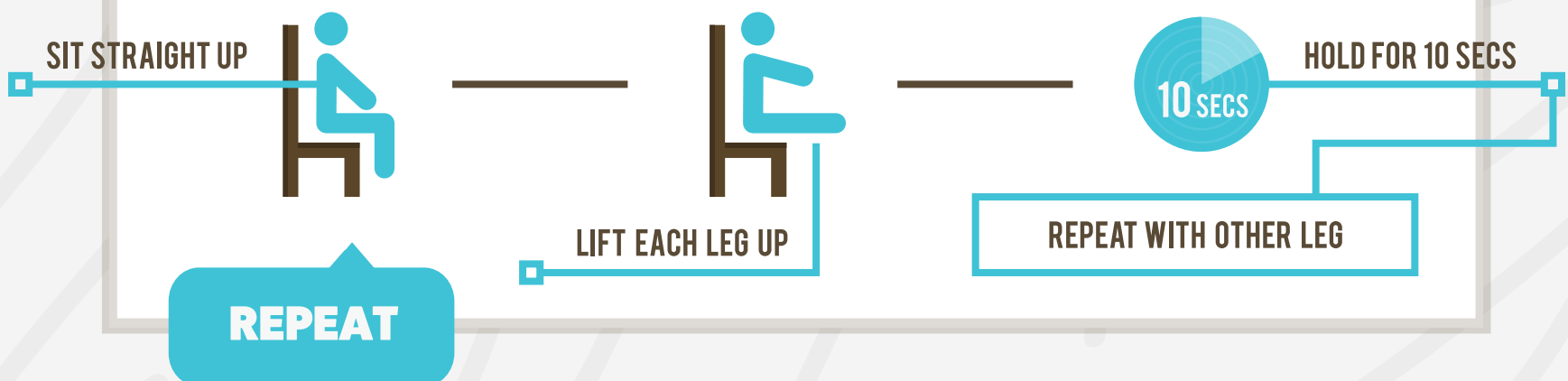
# DESK EXERCISES

## WHY?

**PHYSICAL ACTIVITY BREAKS ARE ASSOCIATED WITH:**  
IMPROVED ATTENTION | IMPROVED CONCENTRATION | IMPROVED ACADEMIC BEHAVIOR

## LOWER BODY EXERCISE DEMONSTRATION

### SEATED LEG RAISE



## USE YOUR CLASSROOM DESK

**DURING BREAKS**

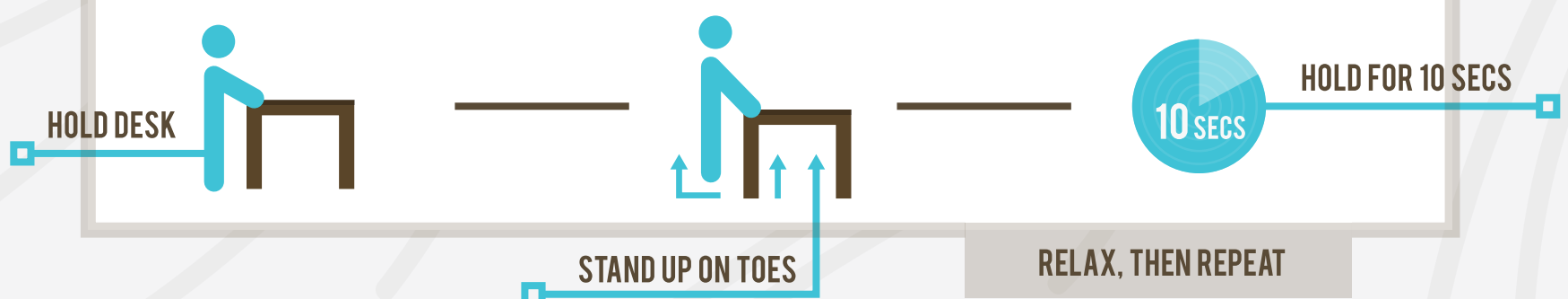
## SOME UPPER BODY EXERCISES INCLUDE

AB SQUEEZE

SHOULDER SHRUG

ARM CIRCLES

## ALSO TRY | THE STANDING CALF RAISE



\* [http://www.cdc.gov/healthyyouth/health\\_and\\_academics/pdf/health-academic-achievement.pdf](http://www.cdc.gov/healthyyouth/health_and_academics/pdf/health-academic-achievement.pdf)

\*\* <http://greatist.com/fitness/deskercise-33-ways-exercise-work>

\*\*\* <http://kidshealth.org/en/teens/stretching.html#>

