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

1. Sit straight up
2. Lift each leg up
3. Hold for 10 secs
4. Repeat with other leg
5. Repeat

**USE YOUR CLASSROOM DESK**

Some upper body exercises include:
- Ab squeeze
- Shoulder shrug
- Arm circles

**ALSO TRY**

The standing calf raise

1. Hold desk
2. Stand up on toes
3. Relax, then repeat
4. Hold for 10 secs

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* [Link to activity demonstration](http://www.cdc.gov/healthyweight/assess/index.htm)
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