

## Fuel Your Moves

### What is Fuel Your Moves?

Fuel Your Moves is an exercise where you do exactly that – Fuel Your Moves, by connecting each movement to either an “in” or “out” breath.

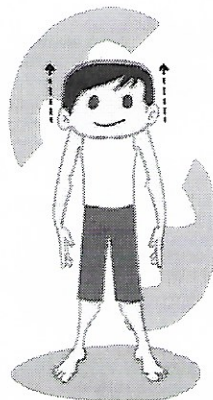
### How does it help me?

Connecting movement to breath does two things: It slows the breath down resulting in feelings of relaxation, and it links the mind to the physical body, a form meditation and present moment awareness that promotes calmness and an ability to focus. The gentle physical movements shown in Fuel Your Moves are great tension relievers and provide a mini-break for the mind and body after using a computer or sitting for long periods of time.

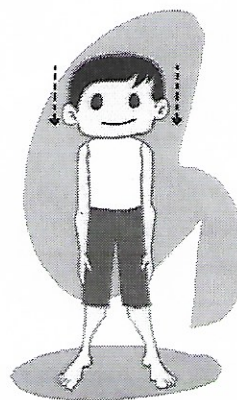
### How do I do it?

- Begin sitting comfortably on the floor or in a chair, or standing, feet hip width apart. Spine should be naturally erect, arms and shoulders relaxed.
- Linking each of your inhales and exhales to a movement, follow the guide below repeating each move for a total of 3-5 full rounds before moving to the next.
- Remember! Each movement should last for the duration of each inhale or exhale. Gas fuels a car to move, and your breath is what fuels your body to move in this exercise - no breath, no movement!

### Shoulder Shrugs



INHALE



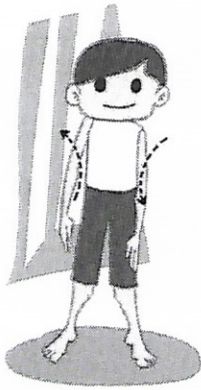
EXHALE

**Inhale** – Lift shoulders up toward the ears.

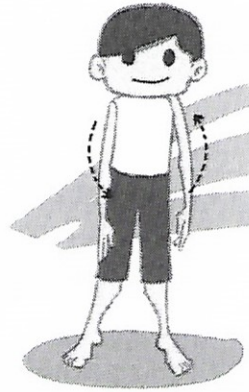
**Exhale** – Lower shoulders, sliding blades down the back.

Repeat 3-5 times.

## Shoulder Rolls



INHALE



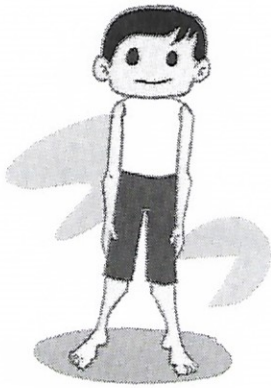
EXHALE

**Inhale** – Roll right shoulder forward and up toward ear. At the same time, drop left shoulder back and down.

**Exhale** – Roll left shoulder forward and up toward ear, at the same time drop the right shoulder back and down.

Switch directions, completing 3-5 rounds in each direction.

## Chin Drop



INHALE



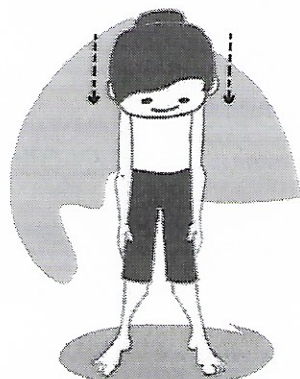
EXHALE

**Inhale** – Look straight ahead keeping chin level with the floor.

**Exhale** – Drop chin toward chest, stretching the back of the neck.

Repeat 3-5 times.

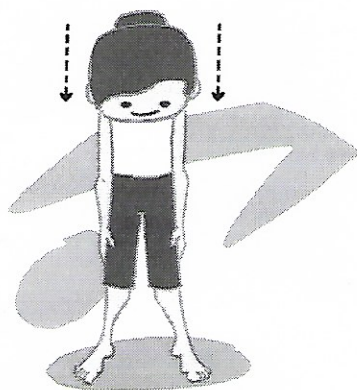
### Neck Rolls



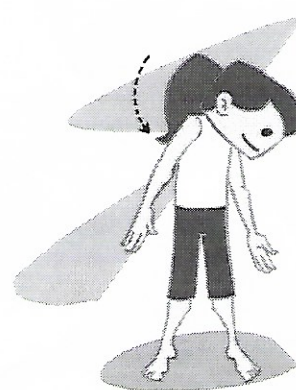
EXHALE



INHALE



EXHALE



INHALE

**Inhale** – Look straight ahead keeping chin level with the floor.

**Exhale** – Drop chin to chest.

**Inhale** – Keeping chin close to the chest, roll chin toward right shoulder.

**Exhale** – Keeping chin close to the chest, roll chin back to center.

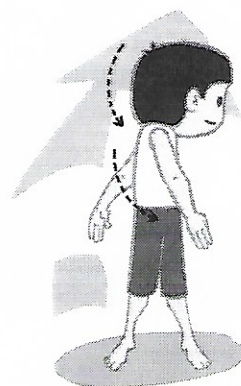
**Inhale** – Keeping chin close to the chest, roll chin to left shoulder.

Keep the chin close to the chest, and repeat 3-5 times. Once complete, roll chin to center of chest and inhale as you float the head up to a neutral position, chin level with the floor.

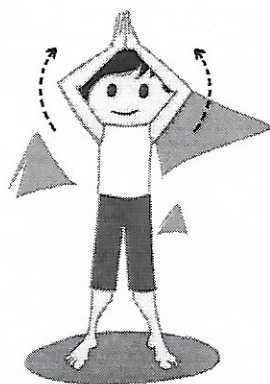
## Gentle Twists



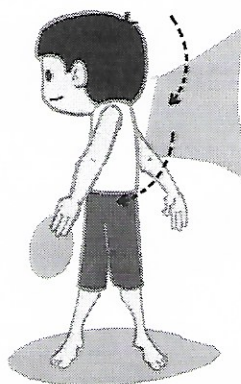
INHALE



EXHALE



INHALE



EXHALE

**Inhale** – Sweep the arms up overhead.

**Exhale** – Lowering arms, gently twist to the left, keep hips facing front as you twist the torso, shoulders and head to the left.

**Inhale** – Return to center, sweeping arms back overhead.

**Exhale** – Lowering arms, gently twist to the right, keep hips facing front as you twist the torso, shoulders and head to the right.

Repeat 3-5 times.