

Revive in 5 [click here for a free video](#)

We are made to move, but many of us feel stiff and stuck at a desk, negatively impacting on our health and performance.

“Sitting is the new smoking” British Journal of GP 2016



The good news is you can “Revive in 5”, by taking 5 simple steps to refresh your body and mind, with natural movements just like you would use to hang clothes on a washing line! Try it today. Go gently and ask your GP first if you are not sure.

1. Set a 5-Step Reminder

Set a reminder to chime (e.g from 25-90 mins), prompting you to pause, breathe and take at least 5 steps away from your desk.



2. Side Stretch

Stand with an upright poise, feet shoulder-width apart. Reach and gently twist your spine, imagining taking pegs off a washing line.



3. Hang Up the Washing

Gently forward bend to squat. Then lift up, as if hanging clothes on a washing line, activating core (belly) and extensor (bum & back) muscles. If this is tricky, use a chair or door for support- [door dancing](#) .



4. Wave to the Neighbours

Step back with one leg and gently twist to each side with an upright spine. Try waving the opposite hand over your knee and imagine smiling and waving good wishes to neighbours on each side.



5. Wipe Off and Clap

Starting from the crown, imagine wiping off water from head to toe with your hands. Then breathe standing still, noticing the sensations in your body. Finally, release the practice with a clap, feeling refreshed & ready.



Well done. How was it for you? To find out more visit www.Humble.info