

ESCAPE YOUR CHAIR



**Irish Heart
Foundation**

Making small changes can go a long way in improving your heart health.

Escape Your Chair! Get up and get moving a minute each hour this September

SUN	MON	TUES	WED	THURS	FRI	SAT
30	31	1 JUMPING JACKS	2 SIDE ARM EXTENSION	3 NECK TURN	4 MARCH ON SPOT	5
6	7 HEEL RAISE	8 SHOULDER ROLL	9 SQUAT	10 FRONT ARM EXTENSION	11 STAND ON ONE LEG	12
13	14 FORWARD LUNGE	15 HIGH KNEES	16 HEEL TAPS	17 WRIST CIRCLES	18 BICEP CURL	19
20	21 TIGHTROPE	22 JUMP SQUAT	23 MOUNTAIN CLIMBER	24 SIDE LUNGE	25 HIP ROTATION	26
27	28 TRICEP EXTENSION	29 SHOULDER PRESS	30 KNEE BEND	01	02	03

www.EscapeYourChair.ie

**SEPTEMBER
2020**