



**ZHEALTH**  
Performance Solutions

## THE TEXT MESSAGE EXERCISE PROGRAM

Try 10-60 seconds of any of the following every time you read a text message, check your email, see a commercial, stop at a stoplight, etc.

- PUSHUPS
- PULLUPS
- SQUATS
- LUNGES
- HEAD ROTATIONS
- HEAD SIDE BENDS
- WRIST CIRCLES
- ANKLE CIRCLES
- JUMPING JACKS
- BIG EYE CIRCLES
- AIR ABC'S WITH YOUR HANDS AND/OR FEET
- ISOMETRICS (THINK BODYBUILDER POSING!)
- GET UP AND DOWN OUT OF YOUR CHAIR 5-10 TIMES
- EVEN BETTER, GET UP AND DOWN OFF THE FLOOR 10 TIMES.
- EVEN BETTER(ER) - GET UP AND DOWN OFF THE FLOOR 5 TIMES WITHOUT USING YOUR HANDS!
- YES/NO EXERCISE (LOOK AT A FIXED POINT AND GENTLY SHAKE YOUR HEAD IN EITHER A YES OR NO DIRECTION BACK AND FORTH)
- EYE SPIRALS
- LOW BACK ROTATIONS
- THORACIC FLEXION/EXTENSIONS
- (CAT/COW EXERCISE)
- DEEP BREATHING
- SUPERMANS
- TOE TOUCHES
- PLAY CATCH WITH A TENNIS BALL
- JUGGLE

Obviously, this is just a sample list. Pick anything that makes you feel good and do it! Remember that the point here is NOT to suddenly use text messages to get "fit" but instead to learn how to use frequent occurrences in your life as reminders to take action on the things you really want.

GOOD LUCK AND LET US KNOW HOW IT GOES!