

From new exercise equipment and free fitness classes to farmer's markets, healthy food demonstrations and after-school programsas its name suggests, Mississippi Valley State University's Valley in Motion health initiative has been on the move.

Funded by a \$208,423 grant from the Blue Cross Blue Shield of Mississippi Foundation, Valley in Motion is a program designed to help increase healthy living outcomes on MVSU's campus, local schools and surrounding communities.

FITNESS

EEKLY

UNITED STREET

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DAILY ERGONOMIC GUIDELINES

- Avoid being still:
 - Stand up
 - Walk around
- Sitting at desk
 - Computer monitor to eyes distance = 40-75 cm
 - * Head, neck and back in neutral position
 - Desk height from floor = 72-75 cm
 - * Elbows at a 90 angle
 - Seat height = 38-55 cm
 - * Knees at a 90 angle

DESK STRENGTH EXERCISES

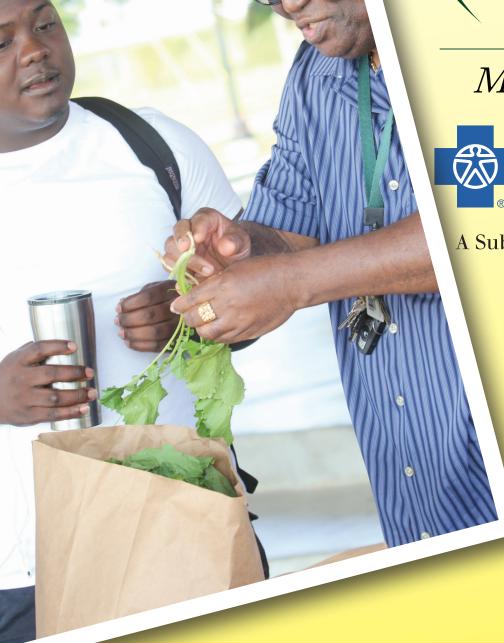
- O Bicep curl
- **O** Tricep extension



- Stationary lunge
- Side leg raise
- O Calf raise

DESK STRETCHES

- Reverse shoulder rolls
- O Neck rolls
- O Forearm stretch
- Side to side stretch
- O Hamstring stretch
- O Glute stretch
- O Upper back stretch



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