

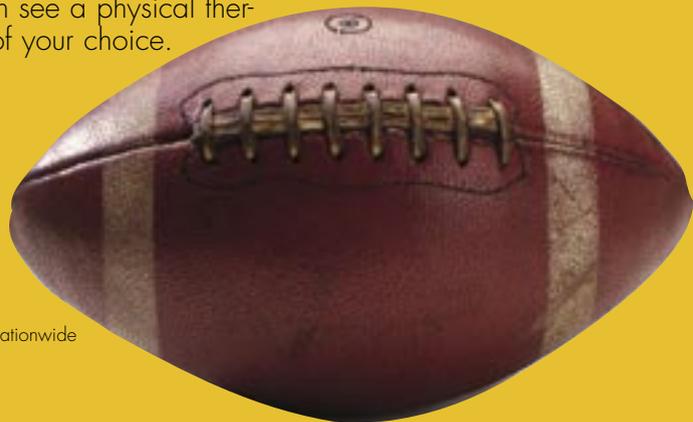
But Seriously...

Football season is the time for fans to relax, have fun, and cheer on their favorite teams. But physical therapists want to remind you not to neglect your own need for exercise while you're watching "the big game."

Physical therapists support the U.S. Surgeon General's recommendation that moderate-intensity physical activity done five or more times per week (such as 30 minutes of brisk walking) has substantial health benefits to people of all ages. Benefits include reducing your risk of coronary heart disease, stroke, colon cancer, diabetes, and high blood pressure as well as helping with weight control and relieving pain associated with some forms of arthritis.

Physical therapists are experts in movement and function, especially when movement involves a change in "normal" patterns of movement. Physical therapists and physical therapist assistants who are members of the American Physical Therapy Association are bound by the Association's *Code of Ethics* and are committed to providing competent and compassionate care. Please be aware that even if your state requires a physician's referral before you can see a physical therapist, you always have the right to see the physical therapist of your choice.

To learn more about physical therapists and the American Physical Therapy Association, please visit us at www.apta.org.



The exercises for "The Couch Potato Workout" were taken from *The American Physical Therapy Association's Book of Body Maintenance and Repair*, an exercise guide available in bookstores nationwide and online.

Couch Potato Tips

Questions or Comments?
American Physical Therapy Association
703/706-3248
www.apta.org

Fitness Facts

Serving Size 1 package
Servings Per Container 1

Amount Per Serving	Daily Value
Strength	✓
Flexibility	✓
Energy	✓

INGREDIENTS: EXERCISES SPECIFICALLY FORMULATED BY PHYSICAL THERAPISTS WITH THE COUCH POTATO IN MIND.

**Try Couch Potato Exercises...
They're Good For You!**



American Physical Therapy Association
1111 N. Fairfax Street Alexandria, VA 22314-1488

Visit our web site at www.apta.org

This brochure is not intended as a substitute for professional health care.



A Couch Potato's Half-Time Workout

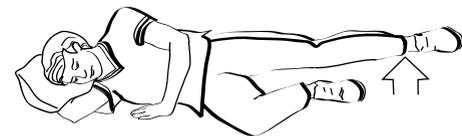
Who says couch potatoes can't get fit?

Physical therapists say that you can cheer your team to victory *and* exercise your muscles without ever having to take your eyes off the TV. What a deal!

"Couch Potato Kick-Off" Lateral Leg Lift

Kick-off with your team and work the muscles in your hips and buttocks. This exercise can also be done with ankle weights.

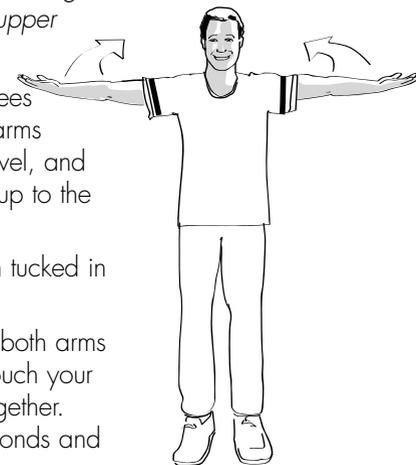
- You'll need to move from the couch to the floor for this one. Lie on your side with a pillow under your head. Keeping your stomach tight, bend your bottom knee toward your chest and extend your top leg out straight. Inhale.
- Slowly lift your top leg about 6 inches off of the floor. Exhale as you lift. Hold for 5–10 seconds, breathing evenly. *Do not hold if you're using weights.* Repeat on the opposite side.



"Hail Mary" Back and Arm Extensor

Pass is complete. You'll move closer to **your** goal by doing this exercise for your upper back and shoulders.

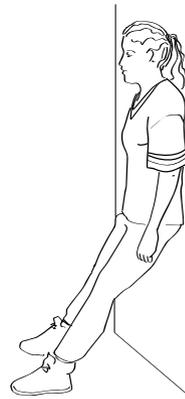
- Stand with your knees slightly bent, your arms lifted to shoulder level, and your palms facing up to the ceiling.
- Keep your stomach tucked in and inhale.
- Exhale as you pull both arms back and slowly touch your shoulder blades together. Hold for 5–10 seconds and breathe evenly.



"Touch Back" Wall Squats

While you and your team are up against the wall, why not work the muscles in the front of your thighs, hips, back, and abs?

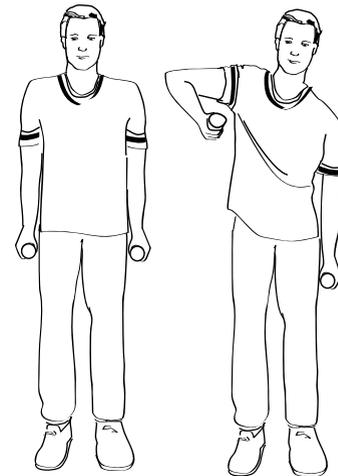
- Stand on a non-skid surface with your back against a wall and your feet about 2 feet away from the wall. Keep your feet about 6"–8" apart. Inhale as you keep your stomach in and head forward.
- Slowly slide your back down the wall to a near-sitting position. It is important to be sure that, as you slide down, your knees are *behind* or *directly* over your ankles. Exhale as you lower your body. Hold for 5–10 seconds, breathing evenly. Return slowly to start.



"Soda Stretch" Side Bend

For your upper and mid-back, shoulders, and arms. Yes, you need to use **full, unopened** soda cans for this one—no cheating!

- Stand with your legs 6"–8" inches apart, a soda in each hand, and knees slightly bent. Keep your stomach in and your arms at your sides with your palms facing inward. Inhale.
- Slowly bend at the waist to one side while you let the opposite arm bring the can up under your arm. Exhale as you bend to the side. Inhale as you return to start. Repeat on the opposite side.



"Bad Call" Neck Rotation

Shake your head in disbelief as the referee calls a foul on your team. Aside from standing up for you team, you will be targeting the muscles in your back and sides of your neck.

- Get off the couch and into a sturdy chair with your feet supported on the floor or on a small foot stool. Have your arms supported on the armrests and your shoulders down and relaxed. Keep your back supported against the back of the chair by pulling in your stomach muscles. Keep breathing as you proceed with the exercise.
- Begin by gently tucking in your chin, then slowly and gently turn your chin to your right shoulder. Keeping your chin as close to your chest as possible, slowly sweep back across your chest and then to your left shoulder. Keep your shoulders level throughout the exercise. Repeat 5 times to each side.



"Second Half" Bent-Knee Hamstring Stretch

Warm up for the second half with some stretching. This exercise, targeting the muscles in the buttocks, back of the upper thighs, and calves, will work out any kinks developed during the first half.

- Lie on your back with your knees bent and your right foot flat on the floor. Keep your neck and trunk straight. Breathe normally.
- Bend one knee toward your chest. Grasp the back of your thigh with both hands and gently extend your leg from knee. Hold stretch for 10 to 30 seconds, breathing normally. Return slowly to starting position. Repeat on the opposite side. Perform exercise 5 times on each leg.

