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Active Kit resources.



ACTIVE KIT

Developed by
PSP Health Promotion
CFSG (Ottawa - Gatineau)

SMALL MOVEMENTS
BIG IMPACT



WELCOME TO THE **ACTIVE KIT GUIDE**

A **PSP Health Promotion CFSG (Ottawa - Gatineau)** resource designed to help you add simple movement breaks to your shift and support your physical and mental well-being.

The exercise pairings in this guide are designed to help you take a few minutes to move more throughout your shift. These exercises aren't a replacement for physical training (PT); they're a practical way to break up long periods of inactivity. Adding more movement throughout the day can help boost energy, improve focus and mood, and support overall physical and mental well-being, at work and beyond.

The exercises have been carefully selected to be completed at your workstation, with minimal space, no floor work, and no anchoring points required.

Choose the exercises that meet your needs or work through various sets throughout your shift.



Remember:

The best exercise is the one that you actually do.
Keep it simple, move often, and find what works for you.

**TAKE A
MOMENT
MOVE WITH
PURPOSE
FEEL THE
DIFFERENCE**



*Generative AI (Copilot)
was used in the editing of this document.*

BEFORE YOU BEGIN

Listen to Your Body

- Go at your own pace and choose exercises and options that suit your comfort level and abilities.
- Stop if an exercise causes pain or discomfort.
- If you have any physical limitations or medical conditions, follow the advice of your health care provider.

The kit contains:

- 1 Two long resistance bands: one 15–35 lb and one 25–65 lb
- 2 Two mini resistance bands: one light and one medium
- 3 One lacrosse ball

Adjusting Resistance

- For long bands, increase resistance by shortening or doubling the band.
- Use a band with greater resistance for a greater challenge.



How Much Should I Do?

There is no perfect number of sets and repetitions. The goal is to move more throughout your shift and break up long periods of inactivity.

Choose an approach that works for you:

- Quick movement break when you have a minute or two
 1. Complete **1 set of 10 repetitions** of an exercise of your choice or take a minute for some relaxation breathing and tension release.
- Movement set
 1. Perform two exercises back-to-back with little or no rest.
 2. Complete **2 rounds** of the set.
 3. Add more rounds if you'd like an extra challenge.
- Timed challenge
 1. Set a timer for **2 minutes**.
 2. Alternate between the two exercises and move at a comfortable pace until time is up.

MOVEMENT BASICS

Keep these guidelines in mind for all exercises:

- Maintain an upright posture, whether sitting or standing.
- Engage your core.
- Keep your chest open and shoulders relaxed.
- Maintain soft joints, keep a slight bend in your elbows and knees.
- Keep a neutral spine and neck, maintaining their natural curves.
- Move slowly and with control.
- Breathe throughout each movement. Inhale as you return to the starting position and exhale during effort.



Remember

You don't need to be out of breath or exhausted for these exercises to be beneficial. The goal is to move, feel better, and break up prolonged periods of inactivity.



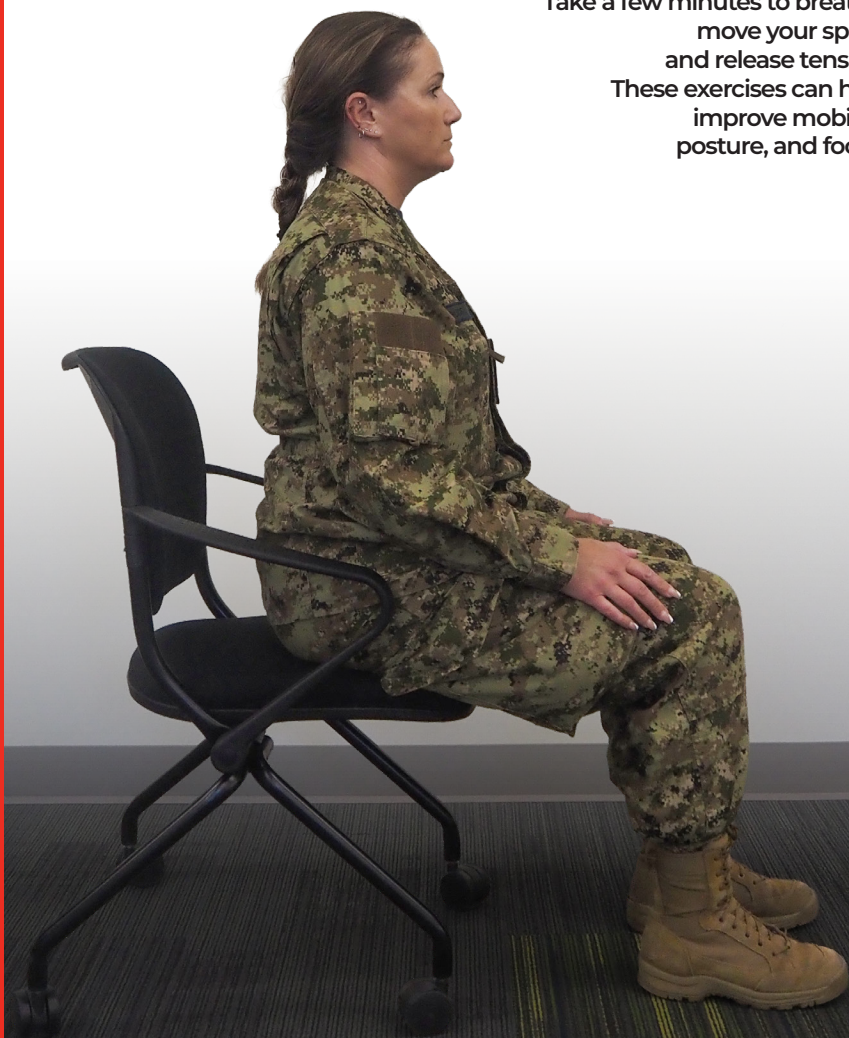
Need Help?

Contact your local
PSP Fitness or Reconditioning
staff for additional guidance.



EXERCISES TO RESET AND REFOCUS

Take a few minutes to breathe,
move your spine,
and release tension.
These exercises can help
improve mobility,
posture, and focus.





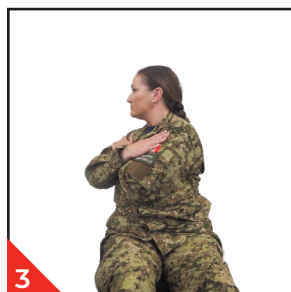
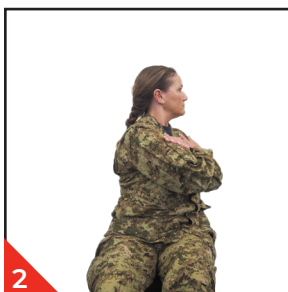
Relaxation Breathing (Belly/Tactical Breathing)

- Sit tall with relaxed shoulders.
- Place one hand on your abdomen and the other on your chest.
- Breathe in through your nose, allowing your abdomen and rib cage to expand.
- Exhale slowly and feel them gently fall.
- Take a few slow, controlled breaths.



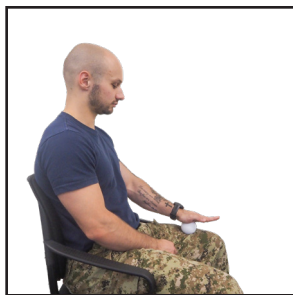
Seated Cat-Cow

- Sit tall near the edge of your chair with both feet flat on the floor. Let the movement be guided by your breath. Move slowly between positions.
- Exhale: Tuck your chin in, round back and pull in your chest.
- Inhale: Lift chin, open chest and gently arch your back.



Seated Thoracic Rotation

- Sit tall with your feet flat on the floor.
- Cross your arms over your chest or place your hands behind your head.
- Rotate your upper body to one side while keeping your hips facing forward.
- Repeat for the desired number of repetitions, then switch sides.



Self-Massage with a Lacrosse Ball

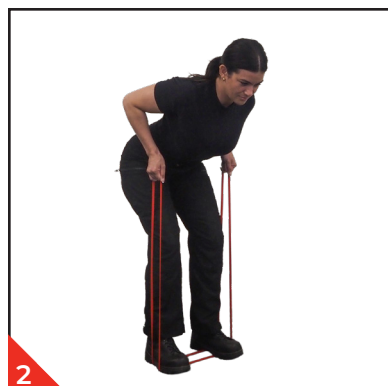
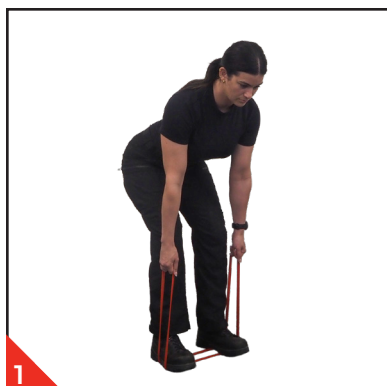
- Place the ball between your body and a wall or chair or use your hand to apply gentle pressure to tight muscles.
- Roll slowly or pause on tight areas for 20–30 seconds.
- Focus on areas such as the upper back, shoulders, chest, forearms, legs and feet.



**LONG BAND
SET 1**

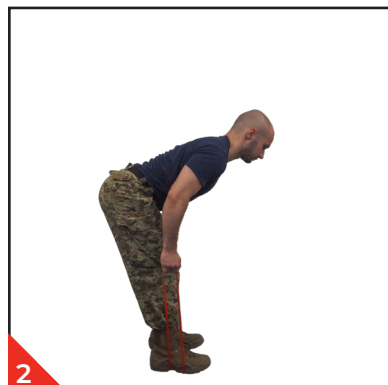
**BACK IN
ACTION**





Bent-Over Row (Upper and Mid Back, Shoulders)

- Stand on the band with feet hip-width apart.
- Hold an equal length of band in each hand.
- Hinge by pushing the hips back and maintaining a neutral spine.
- Pull the band toward the hips while squeezing your shoulder blades together.



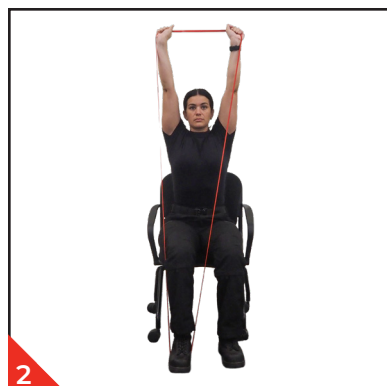
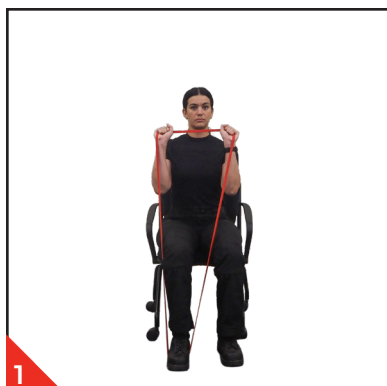
Deadlift (Glutes and Legs)

- Stand on the band with your feet hip-width apart and hold the ends of the band in each hand.
- Push your hips back and lean your upper body slightly forward while keeping your back straight and knees slightly bent.
- Press through your feet, squeeze your glutes, and stand tall.

**LONG BAND
SET 2**

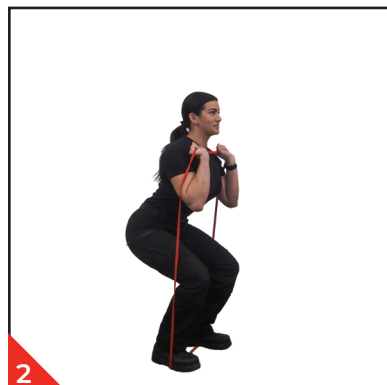
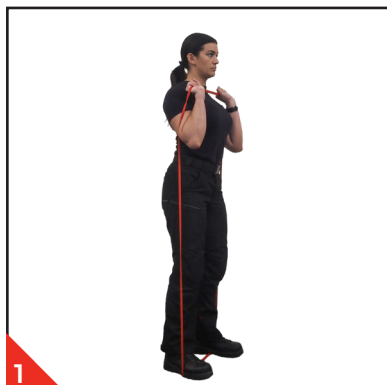
FULL-BODY RECHARGE





Seated Overhead Press (Shoulders)

- Sit tall and anchor the band under one foot.
- Hold the band at shoulder height with palms facing up.
- Press overhead until your arms are extended, keeping the shoulders down.
- Lower slowly and repeat.

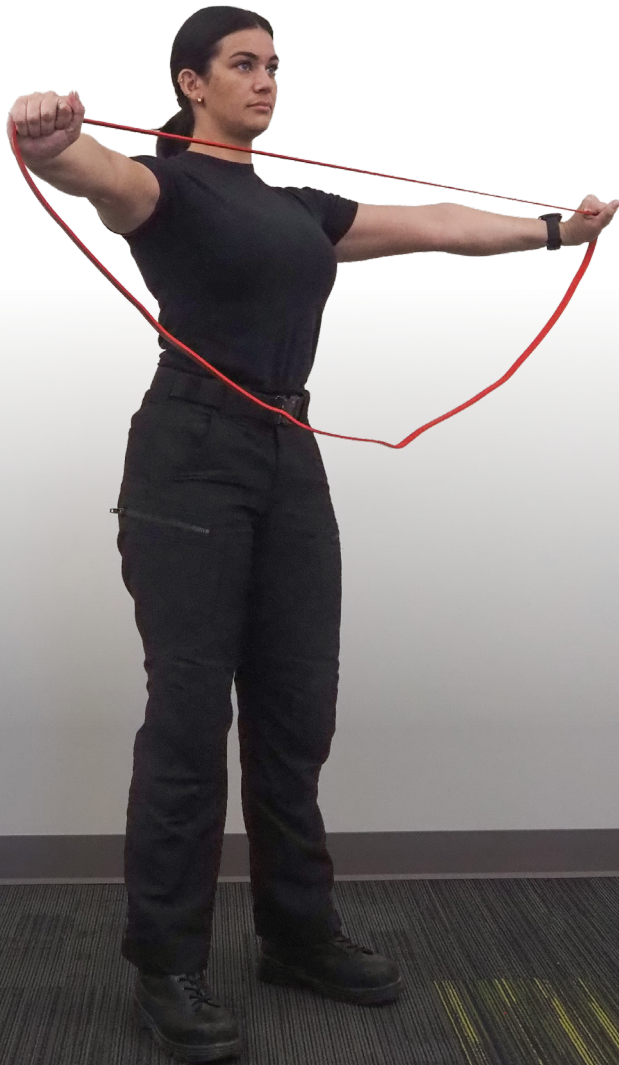


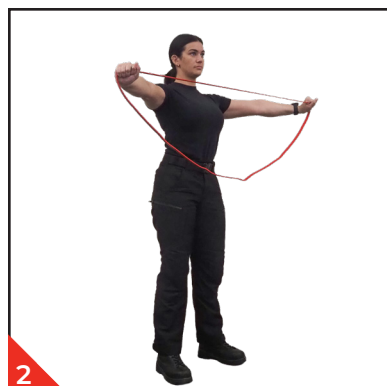
Front Squat (Legs and Glutes)

- Stand on the band and hold the band at shoulder height with your palms facing up.
- Push your hips back as if sitting into a chair and bend your knees into a squat.
- Keep your chest up and your knees tracking in line with your toes.
- Press through your feet to stand tall, keeping your core engaged.

LONG BAND SET 3

OPEN AND ACTIVATE





Band Pull-Apart (Upper Back and Shoulders)

- Hold the band in front of your chest at shoulder height with your arms extended and slight tension in the band.
- Pull your arms apart and slightly back while squeezing your shoulder blades together.
- Pause briefly, then slowly return to the starting position.
- Keep your shoulders down and elbows slightly bent throughout.



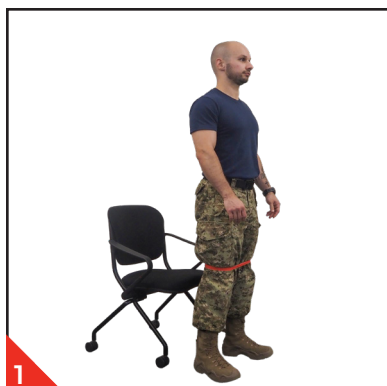
Lateral Walks (Legs and Glutes)

- Step on the band with feet hip-width apart.
- Cross the band and pull up to hip height to apply resistance.
- Bend slightly at the hips and knees.
- Take a step sideways while keeping tension on the band, then switch sides.

**MINI BAND
SET 1**

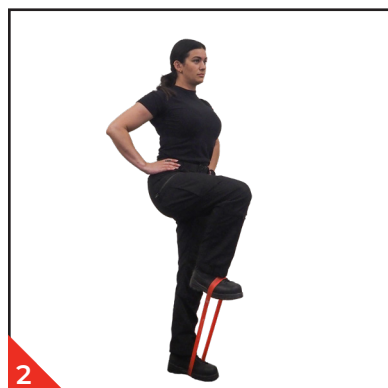
LEGS IN MOTION





Banded Chair Squat (Legs and Glutes)

- Place the mini band above your knees. Place your feet hip-width apart.
- Sit back towards the chair (without touching the chair) while gently pressing your knees outward.
- Stand up and squeeze your glutes at the top, keeping knees slightly bent.
- Maintain tension on the band throughout the movement.



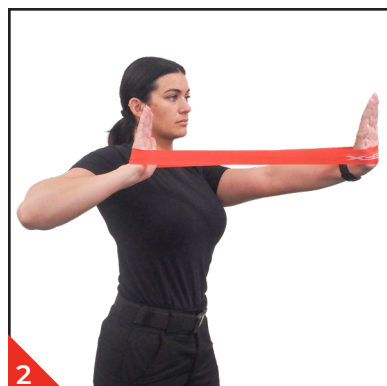
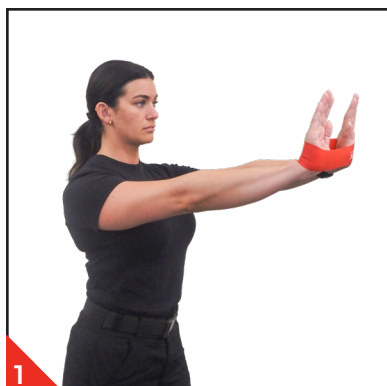
Banded Knee Raise (Hips and Legs)

- Place the mini band around your feet.
- Stand tall and lift one knee toward hip height while keeping the other foot on the band.
- Lower the knee slowly and repeat.

**MINI BAND
SET 2**

UPPER BACK WAKE-UP





Single-Arm High Row (Upper back and Shoulders)

- Place the mini band around your hands and extend your arms in front of you.
- Pull your elbow back at shoulder height, keeping your fingers pointed up and palms forward.
- Squeeze your upper back at the end of the movement.
- Return slowly to start position.



Lat Pull-Down (Upper back and Shoulders)

- Place the mini band around your hands and raise your arms overhead.
- Pull the band apart as you draw your elbows down and out until your hands reach collarbone height.
- Squeeze your shoulder blades down and back, avoid shrugging shoulders.
- Slowly return to the starting position while maintaining tension in the band.