



CoreFitnessByJana.com

Core Fitness By Jana, a founding sponsorship partner of **Get Canada Standing**, is delighted to support the 1st annual **On Your Feet Day** by providing free access to four Got A Minute For Your Health in-office exercise videos to help your team get up and moving.



Got a minute

Back Extension and Calf Raises:
<https://youtu.be/3-oRqJ9QCol>



Got a minute

Interlaced Upper Body Stretch:
<https://youtu.be/d2qb4AOSBS4>



Got a minute

Chair Squats:
<https://youtu.be/LJKtfMJib0I>



Got a minute

Desk Push Ups & Tri Dips:
<https://youtu.be/NEHypnPzbwA>

Share your success!

Follow @CoreFitByJana on Twitter and CoreFitnessByJana on Instagram for other ideas to get you On Your Feet throughout the day and for tips on how to make small changes to make your office healthier and happier.

Tweet @CoreFitByJana with your photos and we'll retweet to help inspire others.

Share photos of your in-office workouts on Twitter and Instagram using the following hashtags



#SITLESS #MOVEMORE



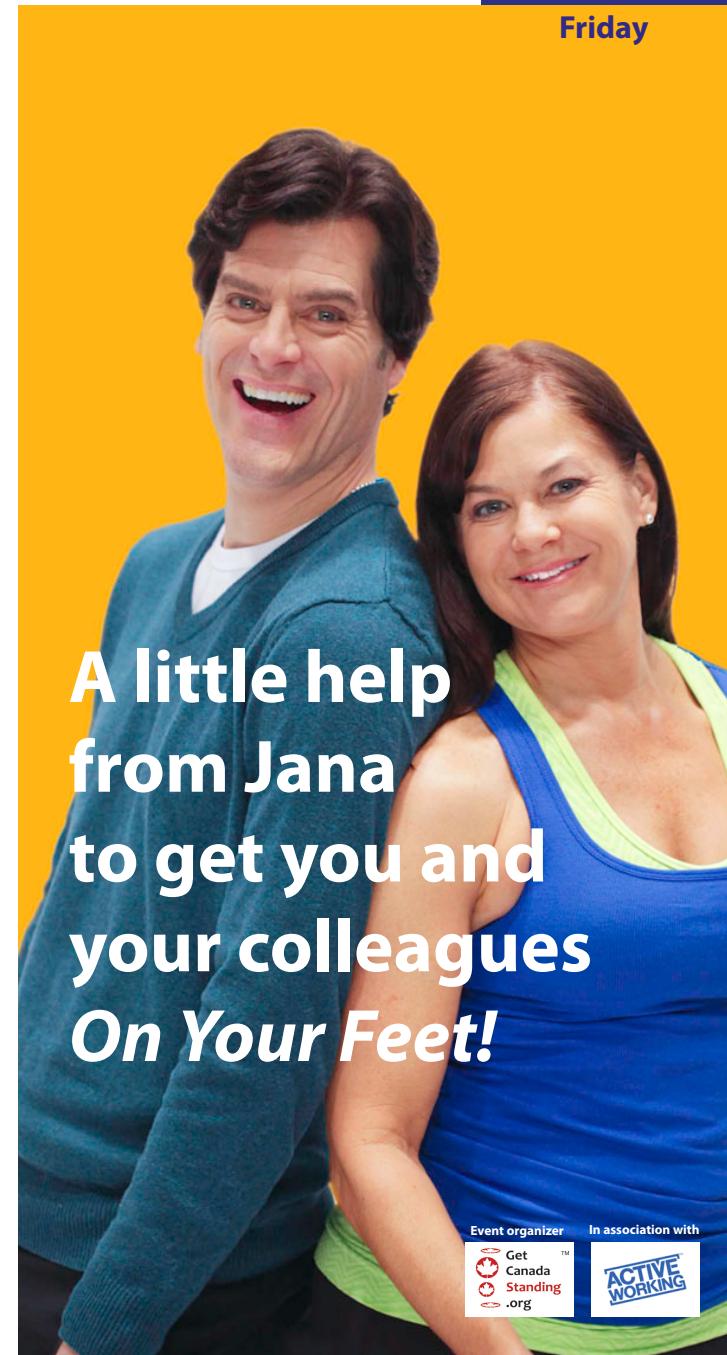
#ONYOURFEET

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feet
Canada

APRIL
29

Friday



How it works

Developed by Jana Sanford, an American Council on Exercise certified personal trainer, certified Pilates Instructor and Exercise for Orthopedic Injury Prevention Specialist, these short videos lasting just 60 seconds help users to incorporate simple exercises into their working day. Just 1 minute of activity can make a real difference to your health.

To keep your office moving the videos will be available until May 15th so there's no excuses not to get up and moving in the work place.

About Core Fitness by Jana

Got A Minute For Your Health videos come from the Core Fitness By Jana's office fitness mobile app that provides these fast, easy one minute exercise videos that can be **done right by your desk** to combat the effects of prolonged sitting. The App comes with **five free videos** and is available for download on **iTunes**.

A modular video system consisting of longer or sport specific workouts can be accessed on the Core Fitness By Jana website www.corefitnessbyjana.com [E:jana@corefitnessbyjana.com](mailto:jana@corefitnessbyjana.com)