



**KITA SUGG**  
Exercise Physiology

# Moving Well After Sitting

Enjoyable movement for Every Body

## Why Sitting Feels Uncomfortable

When we sit for long periods, certain muscles get tight (like the hip flexors) while others switch off (e.g. the Glutes). This imbalance can lead to sore and stiff hips and backs.

Movement helps to restore circulation and improve comfort.

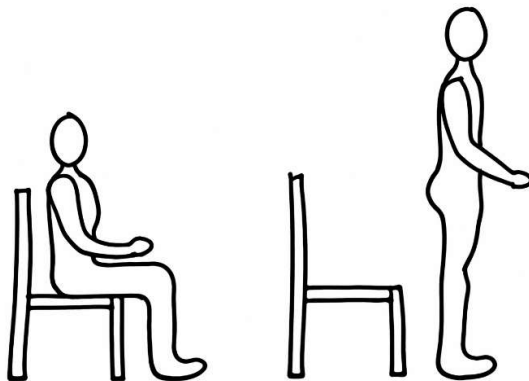
This guide will walk you through easy, movements you can perform after sitting to help you feel more comfortable in your body.

## Sit-to-Stand

**Why it helps:** This exercise wakes up your glutes

**How to do it:**

1. Start seated up straight on a chair.
2. Drive your hips forward and activate your glutes to come to standing.
3. Push your hips back and slowly lower back down to a seated position over a 3-4 second count.



Disclaimer: This guide is designed to give you simple movement ideas you can try through your day. It's general information only and doesn't replace personalised advice. If you have an injury, pain, or any medical concerns, check in with your doctor or an Accredited Exercise Physiologist before starting something new.

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## Hip Flexor Stretch

**Why is helps:** lengthens the hip flexor which remains in a shortened position during seated.

**How to do it:**

1. Stand in a split stance with one leg forward and the other back.
2. Come up onto the toes on the back leg, bend both knees and drive your hips forward until you feel a stretch in the front of the hip of your back leg
3. Hold for 30+ seconds, breathing deeply.

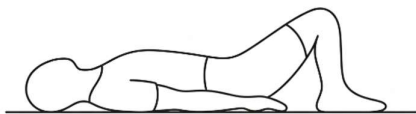


## Glute Bridge

**Why is helps:** Tight hips and glutes can contribute to lower back pain, especially if you're sitting for long periods.

**How to do it:**

1. Lie on the floor on your back.
2. Bend you knees so your feet are under your knees and have your feet at shoulder width.
3. Tilt your pelvis back to flatten your back against the floor and then squeeze your glutes and lift your hips and lower back off the ground.
4. Lower with control, placing one vertebra back on the floor at a time.



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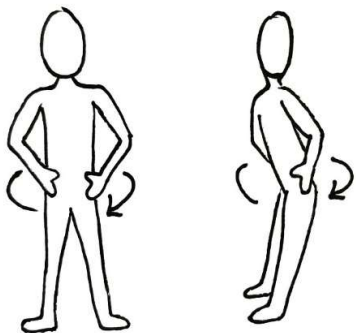
# Spinal Mobility

**Why it helps:** Sitting for long stretches can make your hips feel tight and stiff – and that stiffness can sneak its way into your lower back. Standing hip circles gently loosen the muscles and joints around your hips and pelvis, improving blood flow and helping your body move more freely. They're also great for waking up your core and improving balance after hours at your desk.

## How to do it:

1. Stand tall with your feet about hip-width apart.
2. Place your hands on your hips or lightly on a chair or desk for balance.
3. Slowly draw big circles with your hips – imagine tracing the edge of a hula hoop.
4. Move through the circle smoothly, going one direction for 5–10 reps, then switch.
5. Keep your upper body relaxed and your knees soft (not locked).

*Think of it as a mini dance break for your hips – gentle, rhythmic, and easy to do anytime you need to reset from sitting.*



## Tips

- Break up sitting with regular movement breaks
- Move gently
- Stay consistent

## Takeaway

Regular movement can help reduce stiffness and improve comfort after sitting.

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## Need a Little Extra Help?

If you're struggling with persistent stiffness or pain from sitting, an Exercise Physiologist can help design a simple, personalised plan to get your body feeling great again – even if your days are mostly spent at a desk.

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