



## The Three Dimensional Workout© (3 minutes to better health) Developed by Martha Eddy, CMA, Ed.D.

### Principles of Moving to Relieve Stress

- Our body is designed to move
  - We are capable of moving in all three dimensions of space – vertical, horizontal and sagittal (forward and backwards).
- Becoming set in misaligned or inefficient postural patterns (especially when combined with a sedentary lifestyle) “freezes” our muscles and joints.
- Stress and trauma also lock tension into our bodies.
- We have the ability to unlock tension through relaxation and self-aware movement (This is called a somatic approach to stress reduction).
- When we bring the mind to the body or allow the body to inform our mind we open up new choices.

### Principles of this Workout:

- The body is three-dimensional and designed to move in all directions with many of our body parts - especially the spine, hips and shoulders.
- It is important to pay attention to one's body signals WHILE exercising
- You are charge of your physical experience
- Being able to differentiate comfortable and uncomfortable sensations increases one's ability to promote self-care hence the reminders to pay attention to one's experience while it is happening.
- Begin gently. Advance slowly. Warm-up before trying something new.
- Easy going aerobic activity warms the joints as does gentle swinging
- Easy and Full Breathing is central of all healthy movement
- Adapt any movement so that it works for you. Your body cues help to tell you what is right or wrong for your body.

### Where to find more information:

Speak with physical educators, fitness trainers or wellness center educators.

Talk with your doctor.

There are many good books on fitness and exercise programming.

### What to do with feelings that may come up while moving your body:

Speak with a friend, a crises counselor, a therapist.

Write in a journal.

Continue to move but be gentle, pace yourself.



## Center for Kinesthetic Education 3D SEATED WORKOUT:

### *For your upper body*

Raise arms directly above your head and stretch upwards with each arm alternately (like climbing a ladder)

Reach one arm alternately to the opposite side (right arm points to left wall and vice versa).

Spine can gently twist around to each side if you have no back problems otherwise stabilize the spine.

Reach both arms back and front with back of hands coming together as you reach back and palms of hands facing up as you reach forward. Allow the ribcage to accommodate its shape so your shoulders are comfortable with the range of motion.

### *For your torso*

Spinal Roll down and up

Slow spinal twist from side to side with breath using the back of the chair hold onto (Caution do not do if your doctor has told you not to twist)

Alternately Press into back of chair with your back (but be gentle on the bones of the spine) and then Breathe into your belly so that you stretch out the front of your torso with your air.

### *For your legs*

March in place letting your knees go as high as you can comfortably

Reach your right foot to the right and come center 4xs and then your left foot to the left and come center 4xs. Reach with your toes or your heels. Feel the difference

Stretch one leg behind you while you sit on the side of your chair (stretches the quad)

Extend your leg forward and bend at the knee 4 – 8 times. Gradually build up to 3 sets of 8 repetitions.

Bonus: Cross your ankle over the opposite knee and circle your ankles slowly and smoothly.

Make up your own variations. Try it with different types of music. Notice how the quality of the movement changes. Pick music that matches your mood. If you are frustrated or angry select music with low notes and a strong steady beat to exercise to. Then experiment with relaxing music. Change the order for fun. Get to know what works to relax you. We are all different!

IT is okay to challenge yourself to gradually do 3 sets of 8 repetitions for each part of this workout. It is also okay to mix and match. Ask an expert before you begin to add weights to the workout. It can easily grow from a 3minute workout to a 20minute one if you are creative!

