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## Sit-irates™

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# Five Pilates Movements You Can Do While You Blog

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Sit-irates was created by Andrea Metcalf to practice simple Pilates alignment stretches and exercises while you sit. Pilates core values of spine alignment, breath, and core stability are a part of each exercise.

- 1) **Chest Stretch** - Sit tall with feet firmly on the ground. Grasp your hands at the back of your chair and widen across the chest as you squeeze your shoulder blades together. Inhale as you raise your rib cage away from your hips and then curl the chin down to your chest and exhale, contracting the abdominals and widening through the back. Repeat 10 times.
- 2) **Spine Rotation** - Sit tall with feet firmly on the ground. Lift any 5-10 pound object (i.e.. gallon of milk a laptop or small weight)with arms extended out in front of your body. Lift the rib cage and inhale. Exhale as you rotate the object 1/4-1/2 turn to your right. Keep shoulders relaxed and inhale as you return to center. Repeat on the other side and perform 10 reps.
- 3) **Seated V Balance** - Sit to the front of your chair and slightly lean back off your sit bones. Staying tall and wide through your chest inhale as you draw your knees up; exhale as you extend the legs. Repeat 10 times.
- 4) **Reverse Plank** - Place your hands on the side of your chair's seat and walk the legs out forward with hips on the chair. Inhale to prepare and then exhale as you lift your hips upward squeezing the backs of the thighs and hips. Hold for 1-2 second and return to seated position as you inhale. Repeat 10 times.
- 5) **Seated Roll Up** - Sit tall with feet firmly on the ground and shoulder width apart arms extended in front of you. Inhale as you curl the chin to your chest and slowly roll down between your knees to the floor. Reaching out and forward exhale as you roll your spine one vertebrae at a time up to seated position. Lift your body slowly feeling yourself lifting and stacking each vertebrae at a time. Repeat 10 times.

Sit-irates helps stretch and strengthen the muscles of the body to help prevent arthritis. A new clinical study\* shows that osteoarthritis sufferers who drank Elations experienced significant improvements in joint comfort in six days, with very strong results in as little as 3 days! Elations tastes great, is more absorbable than pills, and now improves joint comfort in six days — faster than any other leading joint supplement brand. There's a better solution for healthier joints.

**Andrea Metcalf** is a nationally recognized fitness expert and media personality. In the last decade, she has appeared as a contributor for several national publications including MORE, Self, Shape, Women's World, All You, as well as NBC "Today Show", "Good Morning America Health:", "Bob Greene" radio show, creator and host of "Fit Today" on CLTV and fitness expert for BETTER TV. For more than 25 years Andrea has inspired people from all walks of life to feel better and move. Her latest endeavor is working with the OWN.com in creating an interactive web presence up to par with all of Oprah's endeavors.

As a mother of three, Andrea's passions for healthy living and her unique ability to multitask inspires mothers and other individuals with a unique desire for leading a healthy lifestyle to make it happen. Her fitness background includes Pilates, Yoga, strength training, athletic enhancement and structural alignment as well as group fitness- her favorite being Naked Bootcamp- bare essentials to getting fit. Working on her first book, she continues to motivate and move those around her. Moving from gym to media, she hopes to get people up off the couch and find time to move. Life is about creating the one you want and living it to its fullest-- it's a whole lot easier if you're not carrying any extra baggage- Be healthy, be moved!

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