



# VALLEY IN MOTION

From new exercise equipment and free fitness classes to farmer's markets, healthy food demonstrations and after-school programs—as its name suggests, Mississippi Valley State University's Valley in Motion health initiative has been on the move.

Funded by a \$208,423 grant from the Blue Cross Blue Shield of Mississippi Foundation, Valley in Motion is a program designed to help increase healthy living outcomes on MVSU's campus, local schools and surrounding communities.



## DAILY ERGONOMIC GUIDELINES

- Avoid being still:
  - Stand up
  - Walk around
- Sitting at desk
  - Computer monitor to eyes distance = 40-75 cm
    - \* Head, neck and back in neutral position
  - Desk height from floor = 72-75 cm
    - \* Elbows at a 90 angle
  - Seat height = 38-55 cm
    - \* Knees at a 90 angle

## DESK STRENGTH EXERCISES

- Bicep curl
- Tricep extension
- Stationary lunge
- Side leg raise
- Calf raise

## DESK STRETCHES

- Reverse shoulder rolls
- Neck rolls
- Forearm stretch
- Side to side stretch
- Hamstring stretch
- Glute stretch
- Upper back stretch



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*Made Possible Through A Grant From*



**Blue Cross & Blue Shield of  
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