

## The Shake It Exercise

*You want to be more active after sitting on the couch or endless apping on our phone.*

**Then go stand up straight.** Keep your shoulders in one position and shake your buttocks from left to right.

Do this movement 10 x to the left and 10x to the right. Take a break.

**Repeat this exercise 3x in total.**

**Got shaken up? Well done!**



**Already done three exercises? Not yet? Then continue with the next exercise.**

### Watch out:

Exercising should be fun and it should make you move better. Does it hurt during the exercise or do you feel uncomfortable? Then tell this to your parents / caretakers and stop the exercise.

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Wilt u de plaatjes erbij?

Ja, met plaatjes Ja, met plaatjes Nee, zonder Nee, zonder