General Exercise Safety Guidelines

Regular movement and stretch breaks are a simple way to feel refreshed, reduce stiffness, ease muscle tension, and stay comfortable throughout the workday. In support of the unifying value of well-being, the Healthy Campus MoveWell Subcommittee encourages members of the campus community to make time for brief, intentional breaks from prolonged sitting. Move with USC animated posters are available to support you. Follow these guidelines to move safely and comfortably:

1. Use a stable, non-rolling chair or desk for support when performing seated or standing exercises.
2. Start slowly and progress gradually and comfortably.
3. Maintain a comfortable, controlled body position and avoid awkward or strained postures while performing movements.
4. Move through a range of motion that feels comfortable and allows you to maintain proper technique and control.
5. Breathe normally throughout each stretch or strengthening exercise rather than holding your breath.
6. Modify the resistance, intensity, speed, or range of motion, or substitute a more comfortable exercise if a movement causes discomfort.
7. Avoid locking or hyperextending your joints and keep a slight bend when appropriate.

These exercises are suggested only; consult a healthcare professional before participating, especially if you have an existing health or medical condition.

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