

STRETCHING EXERCISES

**MOVE MORE
AT WORK**

You can do these simple stretches at or near your desk.

Please consult your GP, physiotherapist or other health professional first if you have concerns about the suitability of any of the stretches for you.



THE STANDING STRETCH

Stand with feet slightly wider than hips' width apart and arms by your side. Slowly bring your arms up in a wide arc, inhaling as you do so, until your hands meet above your head as you stretch towards the ceiling. Hold for 3 seconds and then slowly bring your arms down to your side, again in a wide arc and exhaling as you come down. Repeat 5 times.



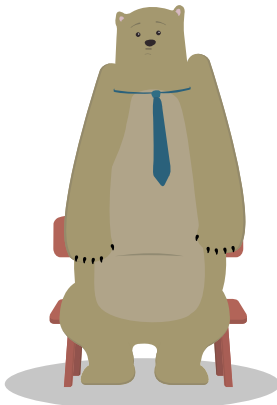
FORWARD ARM STRETCH

Stand, interlock your fingers and slowly stretch out your arms, with palms facing away from you. Hold for 5 seconds. Repeat 5 times.



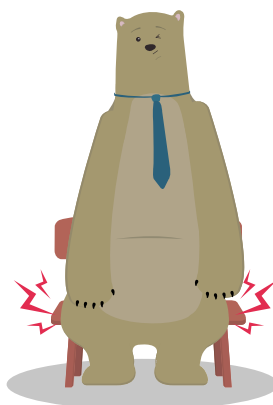
SEATED TWIST

Sit slightly forward in your chair. Move your left arm behind the backrest of your chair and put your right arm over your body to hold the chair armrest on the left side [or place your right hand on the left knee if the chair has no arm rests]. Twist your entire upper body to the left side, looking over the left shoulder. Hold for 3 seconds and return to the starting position, then repeat for the opposite side. Repeat 5 times.



SHOULDER SHRUG

Sit with shoulders relaxed and arms by your sides. Take a deep breath in and move your shoulders upwards. Hold this position for 2 seconds, then breathe out and relax. Repeat 10 times.



THE SQUEEZE

When seated, squeeze the buttocks together, hold for 5 seconds and release. Repeat 5 times.



LEG LIFT

While seated, stretch one leg out and keep it in that position for 5 seconds. Return your leg to the starting position and then repeat with the other leg. Repeat 5 times for each leg.

For more information on movement and activity at work, please visit

www.movemoreatwork.com