

ENERGIZE YOUR WORKPLACE

Been Sitting for Awhile? Take a Stretch Break!

Keep these important points in mind while stretching:

- Keep your knees slightly bent
- Do not bounce
- Stretch until you feel mild tension
- Remember to breathe slowly

It is important to warm up your muscles before stretching. Start with a brief walk or marching on the spot. If you have had recent surgery, muscle or joint problems, talk to your doctor before starting a stretching program.



WARM-UP

- March on the spot for 40 counts, swing arms gently at side.



SHOULDERS & NECK

- Raise shoulders towards ears.
- Hold for 3 to 5 counts, relax.
- Repeat 3 times.



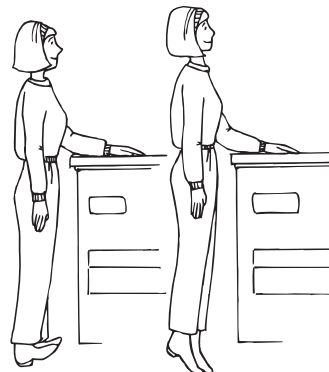
SHOULDERS & ARMS

- Extend one arm above head, reach down with other hand.
- Push hands to ceiling and floor.
- Hold for 10 counts, switch sides.



SHOULDERS, WRISTS & FINGERS

- Interlock fingers, straighten arms in front.
- Hold for 10 counts.



CALVES & SHINS

- Stand with feet shoulder-width apart.
- Use a desk, chair or table for balance.
- Raise heels up (standing on toes), hold for 6 to 8 counts, lower heels.
- Lean back on heels (raise toes to shins), hold for 6 to 8 counts, lower toes.
- Repeat 3 times.



HAMSTRING STRETCH

- While seated, lock hands together around right knee and pull knee towards chest.
- Hold for 5 counts.
- Release hands and switch to other leg.
- Repeat sequence 5 times.



CHEST PRESS

- Stand in a doorway with hands shoulder height on either side of doorway.
- Move upper body forward until mild stretch can be felt in arms and chest.
- Keep chest and head up and knees slightly bent.
- Hold for 15 counts.

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ARMS & CHEST



- Interlock fingers behind back.
- Turn elbows inward, feel arm stretch.
- Lift chest slightly upward.
- Hold for 10 counts.

SHOULDERS



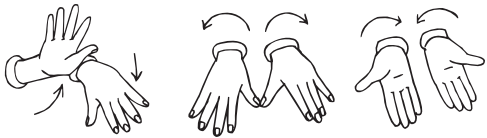
- Lift and roll shoulders forward 5 times.
- Keep head straight and motionless.
- Use wide circular motions.
- Lift and roll shoulders backwards 5 times.

SHOULDERS & BACK



- Interlock fingers.
- Straighten arms above head, pushing palms to ceiling.
- Hold for 10 counts.

WRIST EXERCISE



- Extend arms in front, raising and lowering hands 5 times (i.e. flap hands up and down at wrist).
- Rotate hands 10 times (palms up, palms down).
- Repeat sequence 3 times.

SIDE LEG RAISE



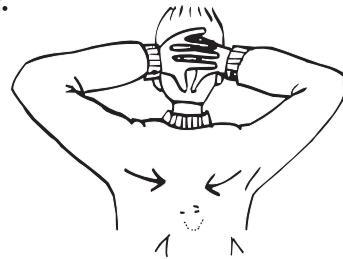
- Stand straight, knees slightly bent.
- Use a desk, chair or copier for balance.
- Raise and lower outer leg sideways from body 8 times.
- Repeat with other leg.

UPPER ARM STRETCH



- Stand with feet shoulder-width apart.
- Raise right arm above head, bend at elbow so right hand rests at back of neck.
- Raise left hand to rest on right elbow, giving slight backward press to elbow to feel gentle press in right upper arm.
- Hold 6 to 8 counts.

SHOULDERS & CHEST



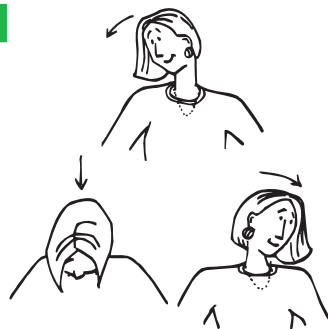
- Interlock fingers behind head, elbows pointing out.
- Pull shoulder blades towards each other.
- Hold for 3 to 5 counts.

ANKLE EXERCISE



- Rest leg on opposite knee.
- Rotate ankle 10 times clockwise and 10 times counter-clockwise.
- Repeat with other leg.

NECK STRETCHES



- Slowly bend neck, touching right ear to shoulder, hold 6 to 8 counts. Repeat on left side.
- Slowly bend neck down towards chest, hold 6 to 8 counts.
- Slowly roll head across chest from shoulder to shoulder in HALF CIRCLE ONLY. Repeat.