

ENERGIZE YOUR WORKPLACE

Stretching Exercises for the Active Workplace

CHEST



Reach your arms out at shoulder level, palms facing up. Squeeze your shoulder blades together and reach your arms back until you feel a stretch across the chest.

THIGH



Using a wall to balance if you wish, bend your knee, lifting your foot towards your buttocks. Squeeze buttocks and press your hips forward. (Switch legs and repeat.)

LOWER BACK



Standing with knees bent, place your hands on your inner thighs, lower your head, tuck in your tailbone and curl your spine towards the ceiling.

UPPER BACK



Sit or stand tall. Bring one arm across your body, using your hand to pull the arm in until you feel a stretch in the back of the shoulder. Keep both shoulders relaxed. (Switch arms and repeat.)

CALF



Standing in a lunge position, lean forward until you feel a gentle stretch in the back of your calf. (Switch legs and repeat.)

HIP



Start in a lunge position. Lift up onto the ball of the back foot, squeeze the buttocks to press hips forward and bend the front knee to sink down. (Switch legs and repeat.)

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SIDE STRETCH



Sitting or standing tall, place your left hand on your hip, reach your right arm overhead and lean to the left. Keep both shoulders relaxed. (Switch arms and repeat.)

HAMSTRING



Place one foot on a bench or chair, lean forward until you feel a gentle stretch in the back of your leg. Keep your back straight and shoulders relaxed. (Switch legs and repeat.)

Why Stretching is Important

- It relieves muscle tension, aches and pains at the end of the day
- It's a great way to de-stress
- It decreases working injuries, including: back strain from lifting, neck and shoulder pain, and back stiffness
- It increases your range of motion, which prevents injuries, promotes flexibility and makes everyday activities easier
- These stretches are most effective when you are already warmed up, and are ideal for after a workout or walk

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