

# RELIEVE TENSION AT WORK BY STRETCHING

FLEXIBLE AND FUNCTIONAL

## SHOULDERS, UPPER BACK



Reach above your head, grasp your hands together, turn your elbows in and press up. Hold for 5 seconds

## SHOULDERS, CHEST



Reach behind your chair, grasp your hands together, turn your elbows up and press out. Hold for 5 seconds.

## SHOULDERS, UPPER ARM



Reach both hands overhead and grasp your left elbow with your right hand. Pull gently and hold for 5 seconds. Then, switch sides.

## SHOULDERS



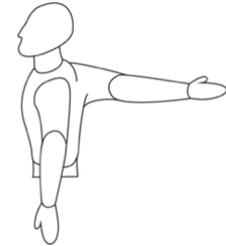
Bring your arm across your body and use other hand to increase the stretch. Hold for 5 seconds then switch sides.

## SHOULDERS



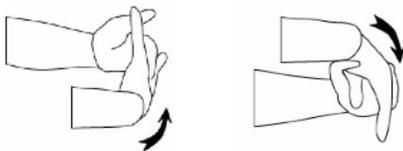
Roll your shoulders up, back and then down. This is a great reminder of where to put your shoulders for a good postural position. Remind yourself often!

## CHEST, SHOULDERS



Stand approximately 8 inches from the wall. Extend your arm straight up on the wall. Gently move your arm down to feel the stretch in your chest and the front of your shoulder. Keep weight in your legs, do not push against the wall with your hand. Hold for 15 - 30 seconds then switch arms.

## HANDS, WRIST & FOREARM



With your arm straight, bend your wrist down and use other hand to increase the stretch. With your arm straight, bend your wrist up and use other hand to increase the stretch. Hold 5 seconds each.

## NECK



Looking straight ahead, tilt your head moving your ear towards your shoulder. Hold for 5 seconds then switch sides.

## NECK

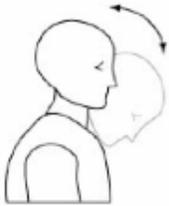


Looking straight ahead, rotate your head to the right. Hold for 5 seconds. Complete stretch looking to the left.

# RELIEVE TENSION AT WORK BY **STRETCHING**

FLEXIBLE AND FUNCTIONAL

## NECK



Looking straight ahead, tilt your head moving your chin towards your chest. Hold for 5 seconds.

## LEGS



Get into a kneeling position and put your left knee in front. Squeeze your right glute and do a slight pelvic tilt (Think: belt buckle towards chin. This will posteriorly tilt the pelvis). Now lean forward an inch or two. Hold 10 seconds then repeat on the other side.

## LEGS, HIP



Sitting in your chair, cross one leg over the other so that your ankle is resting on your thigh. Lean forward slightly from hips. Keep your back straight. Hold for 10 seconds then switch sides.

## LOWER BACK

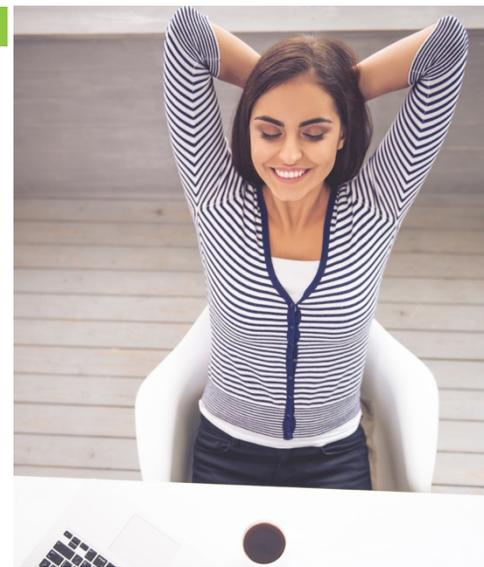


Sitting in your chair, lean forward and reach for the floor. Hold for 5 seconds and slowly sit up.

## BACK



Sit tall in your chair and place your right hand on the outside of your left knee. Your left hand is on the side of your chair while your left arm supports your tall torso. Gently turn looking towards your left and hold for 5 seconds. Repeat the other side.



**Stretching can help with flexibility and functional fitness.**

**It's in you to MOVE!**