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Everyday STRETCHES

With all stretches: No bouncing, remember to breathe, hold each stretch for about 30-60 seconds, and stretch to a point you feel tight but not painful.

Chest Stretch

- Stand tall, feet slightly wider than shoulder-width apart, knees slightly bent.
- Hold your arms out to the side parallel with the ground and the palms facing forward.
- Stretch the arms back as far as possible.
- You should feel the stretch across your chest.

Upper Back Stretch

- Stand tall, feet slightly wider than shoulder-width apart, knees slightly bent.
- Interlock your fingers and push your hands as far away from your chest as possible, allowing your upper back to relax.
- You should feel the stretch between your shoulder blades.

Shoulder and Triceps Stretch

- Stand tall, feet slightly wider than shoulder-width apart, knees slightly bent.
- Place both hands above your head and then slide both your hands down the middle of your spine.
- You should feel the stretch in the shoulders and the triceps.

Side Bends

- Stand tall, feet slightly wider than shoulder-width apart, knees slightly bent, hands resting on the hips.
- Bend slowly to one side, come back to the vertical position and then bend to the other side.
- Do not lean forward or backwards.
- You should feel the stretch on your sides.

Hip and Thigh Stretch

- Stand tall with your feet approximately two shoulder widths apart.
- Turn the feet and face to the right.
- Bend the right leg so that the right thigh is parallel with the ground and right lower leg is vertical.
- Gradually lower the body.
- Keep your back straight and use your arms to balance.
- You should feel the stretch along the front of the left thigh and along the hamstrings of the right leg.
- Repeat by turning and facing to the left.

Biceps Stretch

- Stand tall, feet slightly wider than shoulder-width apart, knees slightly bent.
- Hold your arms out to the side parallel with the ground and the palms facing forward.
- Rotate the hands so the palms face to the rear.
- Stretch the arms back as far as possible.
- You should feel the stretch across your chest and in the biceps.

Shoulder Stretch

- Stand tall, feet slightly wider than shoulder-width apart, knees slightly bent.
- Place your right arm, parallel with the ground across the front of your chest.
- Bend the left arm up and use the left forearm to ease the right arm closer to your chest.
- You should feel the stretch in the shoulder
- Repeat with the other arm.

Calf Stretch

- Stand tall with one leg in front of the other, hands flat and at shoulder height against a wall.
- Ease your back leg further away from the wall, keeping it straight and press the heel firmly into the floor.
- You should feel the stretch in the calf of the rear leg.
- Repeat with the other leg.

Adductor Stretch

- Stand tall with your feet approximately two shoulder widths apart.
- Bend the right leg and lower the body.
- Keep your back straight and use arms to balance.
- You should feel the stretch in the left leg adductor.
- Repeat with left leg.

Quadriceps Stretch

- Stand tall with feet comfortably apart.
- Grab hold of a stationary object for balance with one hand.
- Use the opposite hand to grasp the leg around the ankle.
- Lift it towards your buttocks.
- Repeat with the other leg.



12 EASY WAYS to Enjoy Activity at WORK!

1. **WEAR A PEDOMETER AT WORK.** Since every step counts, wearing a pedometer is wonderful motivator to move more during your workday.
2. **WALK AROUND THE OFFICE.** There's no need to sit still while you talk on the phone or think. Pacing and fidgeting are physical activity.
3. **WALK AROUND THE BUILDING.** Sometimes a face-to-face talk is the best way to communicate (and it gets you up and moving around).
4. **WALK UP (AND DOWN) THE STAIRS.** If you have a choice, always take the stairs. If you have stairs, take as many trips up and down as possible.
5. **WALK AROUND THE BLOCK.** Got a coffee break? Got a few free minutes? Take a walk outside and get some fresh air (and extra steps).
6. **WALK AND TALK.** Need to discuss something with a co-worker? A walking meeting can be more productive and healthier too!
7. **LIFT WEIGHTS WHILE YOU TALK.** Keep a weight near the telephone; pick it up when you get a call and pump your arms while you talk.
8. **TAKE A WEIGHT BREAK.** Feeling tired and bogged down? Take five minutes to lift your hand weights and get your blood flowing.
9. **WORK YOUR ABS.** You can strengthen tummy muscles while sitting in a chair. Sit straight, tighten muscles and release. Repeat.
10. **STRETCH YOUR ARMS AND LEGS.** Stuck at your desk? Use a resistance band for a five minute stretch. Your mind and body will be more flexible.
11. **STRETCH YOUR STRESS AWAY.** Tension in your shoulders, neck and back is easy to release with standing stretches and a resistance band.
12. **CHECK YOUR PEDOMETER.** How many steps do you take during a typical workday? Any ideas for adding a few more steps here or there?

