STRETCH
REGULARLY AT WORK

These stretching exercises are designed to prevent stiffness, which may be associated with sitting for long periods.

Stretching aids blood flow through muscles, releases tension and helps maintain a full range of movement. Stretches should be performed slowly and gently, on both sides of the body and be taken to the point where a gentle pulling sensation is felt (it should not hurt).
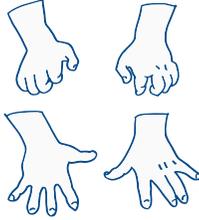
SIT	STAND	WALK
20	**8**	**2**
mins	mins	mins

The ideal posture mix for most people is 20 minutes sitting, 8 minutes standing and 2 minutes walking for each 30 minute period.

💡 **The dotted lines in the following diagrams represent where you will feel the stretch.**

Holding your hands out in front of you, scrunch and stretch your fingers. **Repeat 5 times.**

Hold on to a stable surface with one hand. Use your other hand to pull your heel towards your buttocks. **Hold for 10 seconds. Repeat with other leg.**

Every 4-7 minutes, drop your arms by your side and lightly shake your hands and arms for 5 seconds to boost circulation.

Gently pull your right elbow behind your head towards your left shoulder. **Hold for 10 seconds. Repeat with other arm.**

Interlace your fingers above your head with elbows straight. Gently push your arms back and up. **Hold for 10 seconds.**

With your arms behind your back, gently pull your left arm down and tilt your neck and shoulder. **Hold for 10 seconds. Repeat on opposite side.**

With your palms together, fingers pointing to the ceiling, gently push the heels of your hands towards the floor. **Hold for 10 seconds.**

With fingers interlaced behind your back, and your elbows straight, lift your arms behind you until you feel a stretch in your arms, shoulders or chest. **Hold for 10 seconds.**

Every 15 minutes, relax your eye muscles by looking away from the screen at a distant scene for at least a minute. Blinking your eyes rapidly for a few seconds refreshes the tear film and clears dust from the eye surface.

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