

Active at Work

+ HOME

Keeping active whilst working is really important. By performing these stretches everyday it will help you to stay active and reduce aches and pains.

Shake and shrug

Relax and shake your legs and arms and shrug your shoulders whilst completing 3 deep breaths.



Shake for 3-4 secs
Repeat 3 times

Lean back

Place your hands on your hips. Take a deep breath in to start and on your breath out, lean back as far as you feel comfortable.



Hold for 3 secs
Repeat 3 times

Dive

Take a deep breath in and on your breath out, dive forward as far as you feel comfortable.



Hold for 3 secs
Repeat 3 times

Sideward stretch

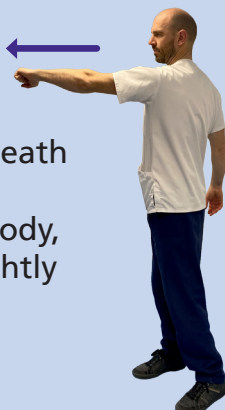
Take a deep breath in to start and on your breath out, raise an arm up over your head and over to the opposite direction, whilst letting your other hand drop down the side of your leg.



Hold for 3 secs
Repeat 3 times on each side

Punch

Soften the knees. Take a deep breath in to start and on your breath out, reach and extend your arm across your body, with your hand in a lightly clenched fist.



Hold for 3 secs
Repeat 3 times on each side

Neck stretch

Stand up tall. Take a deep breath in to start and on your breath out, lean your head to one side keeping your shoulders relaxed.



Hold for 3 secs
Repeat 3 times on each side

Disclaimer: These exercises are completed at your own risk. It is each person's responsibility to exercise within their capabilities.