

STRETCHING

FOR THE ACTIVE WORKPLACE



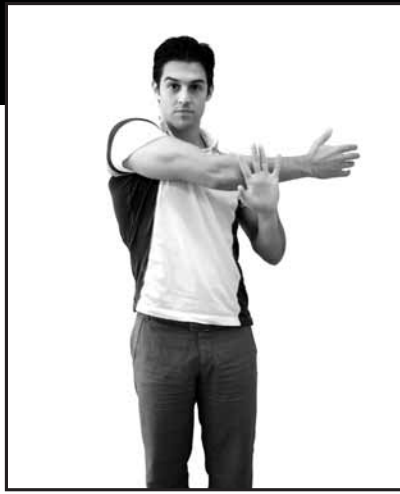
Neck Roll

Lower your chin towards your chest. Slowly roll your head towards one shoulder, return head to centre, and then slowly roll your head to the opposite shoulder.



Shoulder Roll

Inhale as you lift and roll your shoulders backwards. Exhale as you roll your shoulders down and back, squeezing your shoulder blades together. Repeat and then switch directions.



Upper Back/Shoulder Stretch

With shoulders relaxed, bring one arm across your body, using your hand to pull the arm towards your body until you feel a stretch in the upper back. Repeat with opposite arm.



Chest Stretch

Standing upright, pull your arms behind you. Squeeze your shoulder blades together and reach your arms back until you feel a stretch across the chest.



Overhead Stretch

With one hand on your hip, reach overhead with the opposite arm and slowly bend at the waist towards the hip you are holding. Repeat on opposite side.



Lower Back

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



Quadriceps Stretch

While standing, place one hand on a nearby surface. Bend one leg at the knee, bringing your heel towards the buttocks while holding your foot or ankle. Repeat with opposite leg.



Hamstring and Calf Stretch

While standing, place one foot in front of you, toes pointed up towards the ceiling. Shift your weight to the back leg and bend the knee as you sit/lean back. Pull your toes towards you until you feel a stretch in the hamstring and calf muscle. Support your upper body weight by placing your hand on your leg, just above the knee. Repeat with opposite leg.



Ankle Roll

Lift one foot off of the floor. Begin by pointing your toes towards the ground and then rolling your foot clockwise. Repeat for opposite foot.

Safety Tips

- Perform a short warm-up before stretching such as a short, brisk walk.
- Hold each stretch for 20-30 seconds, and perform at least once per day.
- Don't bounce, or strain while stretching.
- You should feel tension, not pain in the muscle being stretched. Stop if you feel pain

Why stretching is important

- It relieves muscle tension and can help reduce stress.
- It increases your range of motion, which promotes flexibility and makes everyday activities easier.
- It increases blood flow to the muscles and surrounding tissues.

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