

STRETCHING

FOR THE OFFICE 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

With arms bent at the elbow, pull your arms behind you at shoulder level and squeeze your shoulder blades together until you feel a stretch across your chest.



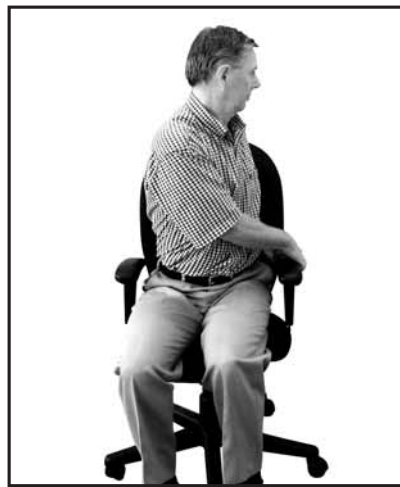
Standing Back Extension

Standing near your desk or work area, place your palms against your low back. Lean your upper body back, without arching your neck.



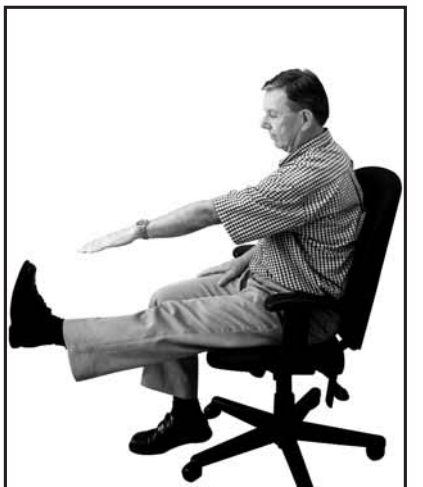
Forearm/Wrist

Extend one arm out in front of your body, with fingers pointed up towards the ceiling. Use your other hand to gently pull back on your fingers until you feel a stretch in your forearm. Repeat stretch with opposite hand.



Side Stretch

Begin sitting tall and facing forward. Reach both arms to one side of the body, turning your torso and looking behind you until you feel a stretch across your mid-section. Repeat on other side.



Hamstring and Calf Stretch

While seated, extend one leg straight out in front of your body, toes pointing towards the ceiling, bringing your leg as parallel with the ground as possible. Reach arm towards the outstretched leg until you feel a stretch in the back of the leg and calf muscle. 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 counterclockwise. 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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