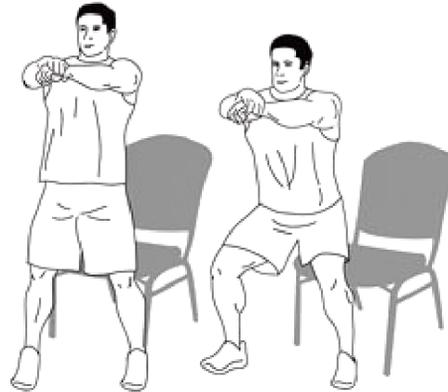


# Work Site Stretching



## Marching Legs

Great for loosening up your lower body joints and encouraging increased blood flow throughout the body



## Sit and Stands

A simple movement that creates strength improvement in muscles that are used routinely throughout the day



## Bent Elbow Flies

Improve shoulder mobility and strength. This exercise can be done seated or standing



## Shoulder Rolls

This exercise can also be done seated or standing. This exercise helps pull the shoulders back instead of rounding forward



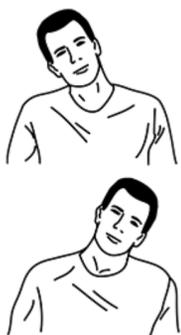
## Behind the Back Reach

A basic hold also helps create better posture and healthier shoulders



## Spinal Rotations

The lower back is a high tension area that can often experience discomfort from a long work day. Keep it active with these rotations



## Head Tilts

Reduce tension throughout the side and back of the neck. Make sure the movements are slow and deliberate



## Neck Rotations

A great exercise for working neck muscles that are often neglected from looking straight ahead at a computer or phone screen



## Side Bends

One of the best stretches for releasing tension through the mid back and side. Can be done seated or standing



## Hamstring Stretch

Improving hamstring flexibility can help reduce lower back pain significantly

Flexibility will vary for each participant. Complete these stretches to a point that you are comfortable with. Remember, stretching should have some discomfort, not pain.

Spend 15-30 seconds on each exercise or stretch for optimal results.

# 5 Benefits of Movement and Stretching at Work

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Movement and stretching breaks encourage the activation of postural muscles and the stretching of tight areas that may be leading to unwanted tension in the body and the mind. Dedicate a small amount of time each day to moving and stretching to reap the benefits on this page.

1. **Fall prevention:** Body awareness, being aware of where your body is in space, can be boosted by practicing stretches and exercises that activate different muscle groups and stabilizers. You may become aware of areas that are tighter than others, signifying that they may need extra attention. The movements on this handout will stimulate major and supporting muscle groups that can keep you balanced.
2. **Reduced risk of overuse injuries:** Regardless of what your job demands, working at a computer, on a production line, driving a truck, etc. encourages poor posture. Slouching shoulders, leaning the neck forward, rounding the spine and even crossing the legs, reduces blood flow, creates unnecessary tension and incorrect alignment of the body. Thus putting our joints at risk and encouraging muscle strain. Taking time to activate and stretch will reduce the likelihood of developing overuse injuries and encourage the body to stay in proper in alignment.
3. **Team bonding and networking:** Attending stretch sessions offered by your employer shows that you are supporting the company's mission of weaving wellness into the workplace. This also serves as a brief break in the day to network with coworkers or get to know your teammates better. This is a great opportunity to learn more about other departments or find help with a project.
4. **Increased happiness and productivity:** Working for long stretches without breaks often leads to stress, tiredness, lack of creativity and the inability to make swift decisions. A movement session allows for a break in the day to refresh your mind and even boost your mood. You may find that you feel more engaged after moving for a short period of time, often resulting in being more productive when you get back to work.
5. **Reduced health risk:** Any amount of exercise is helpful in reducing the risk of type 2 diabetes, heart disease, obesity and depression. Begin with this handout and slowly work towards the public health recommendation of 150 minutes of activity per week to take advantage of additional benefits by walking, taking the stairs, riding a bike or completing a group fitness class online or at your local fitness center.