

Office stretches

Periodic, thirty-second micro-breaks throughout the day can help energise your muscles and reduce tension. In addition, don't forget that keeping yourself in good physical condition through a regular exercise program will keep you healthy at home and at work. For now, here are a few stretches that you can do right at your terminal.

Note: If any stretching exercise causes you pain or undue discomfort, cease doing it immediately. It is recommended that you consult your Physician before beginning any stretching program.

Head and neck

Slowly turn your head from side to side. Hold each turn for a count of three. Repeat 5-10 times.



Upper back and shoulders

Fold your arms at shoulder height, and push elbows back. Hold for a few seconds. Repeat 5-10 times.



In a climbing motion, alternate moving your arms over your head. Repeat 10 times each side.



Using a wide, circular motion, roll your shoulders forward 5-10 times. Then roll your shoulders backwards 5-10 times. Repeat this cycle 3-6 times.

Wrists, fingers and hands

With the thumb of left hand, massage inside and outside of right hand. Repeat by massaging the left hand with right thumb.



Grasping the fingers of the left hand, gently bend the wrist backwards. Hold for 5 seconds. Repeat with right hand.



Hold thumb of left hand, and gently pull down and back. Hold for 5 seconds. Repeat with right hand.

Tightly clench fists tightly, and then release, fanning out fingers. Repeat five times.

Lower back



Bend to right side.
Hold for 5 counts.
Repeat with the
left side.



Cross left leg over the
right. Twist at waist
towards the left, and
hold for 5 counts.
Repeat each side.



Grasp right shin with
both hands. Lift leg off
the floor, towards your
chin (curling the back).
Hold for 5 counts



Support your lower
back with hands, while
standing. Gently arch
your back.
Hold for 10 counts.
Repeat 5 times.

Legs



Move feet slightly away from you.
With heels of feet on the floor,
gently tap toes up and down.

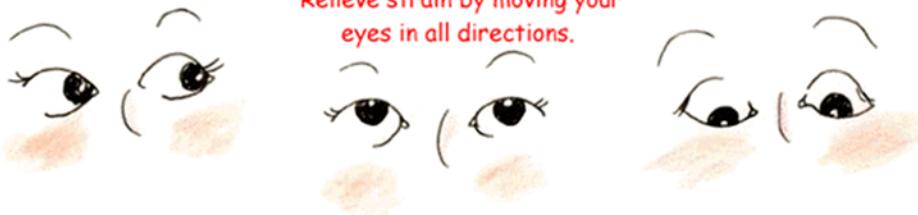


Sit slightly forward in your chair.
Gently extend and flex your left
knee by lifting and lowering your leg.
Repeat with right side.



Extend one leg off the floor.
Holding leg straight, make 5-10
small, circular motions with your ankle.
Repeat with the other leg.

Eyes



Relieve strain by moving your
eyes in all directions.



Periodically, focus on an
object at least 25 feet away.



Close your eyes and cover
with palms for 30-60 seconds.