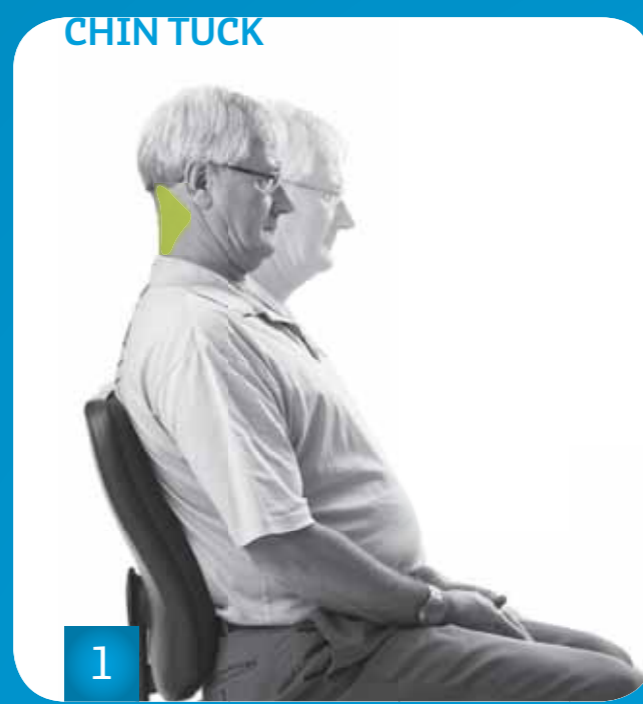


# Stretches for the office

- Your body is designed to move. Holding static postures can lead to unnecessary build up of tension.
- At least hourly (every 15 minutes is ideal): STOP, DROP and SHAKE.** Relax your neck and shoulders; drop your arms to restore normal circulation.
- Before you start your shift follow the stretches, then regularly stop and stretch throughout your day.
- Stretches should be performed on both sides.
- Take a moment to the point of stretch and hold for 10-15 seconds.
- The green glow on the photos gives an indication of where you should feel each exercise, however this will vary from person to person.
- Should you feel pain or unexpected tension do not continue that stretch. Consult your health professional.

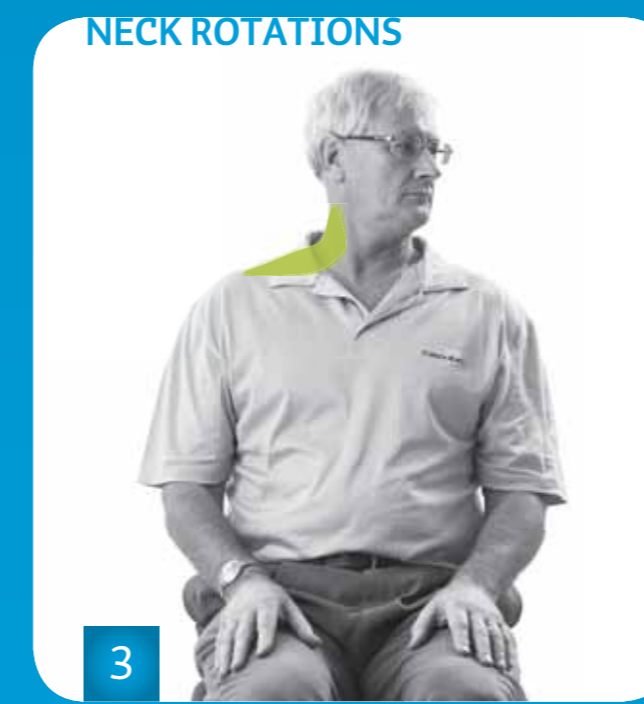
For more information visit [www.habitatwork.co.nz](http://www.habitatwork.co.nz)



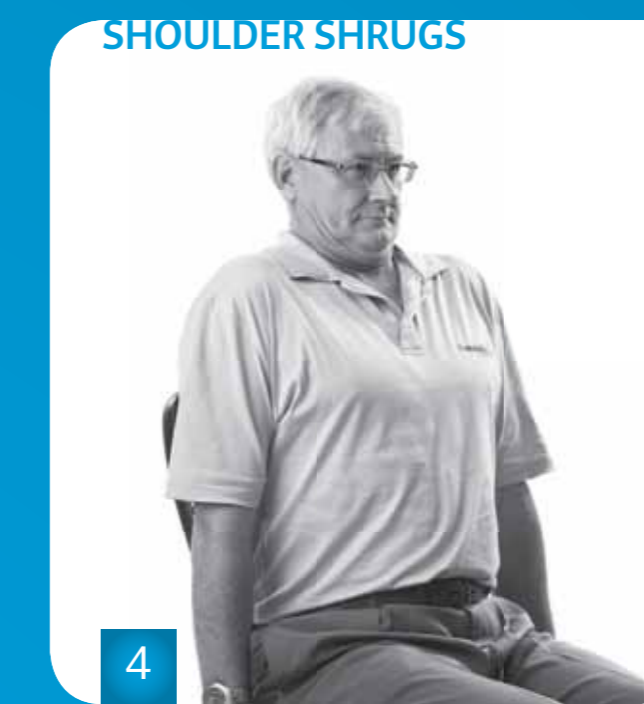
- 1 CHIN TUCK**
- Sit tall.
  - Tuck chin in (keep eyes level and relax shoulders).



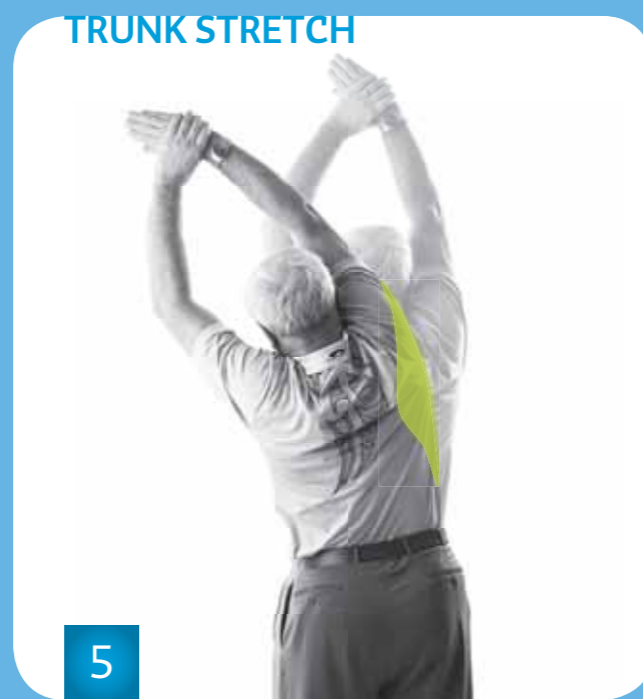
- 2 NECK SIDE BEND**
- Tuck chin in, look straight ahead and take ear to shoulder.
  - Push opposite shoulder to the floor.



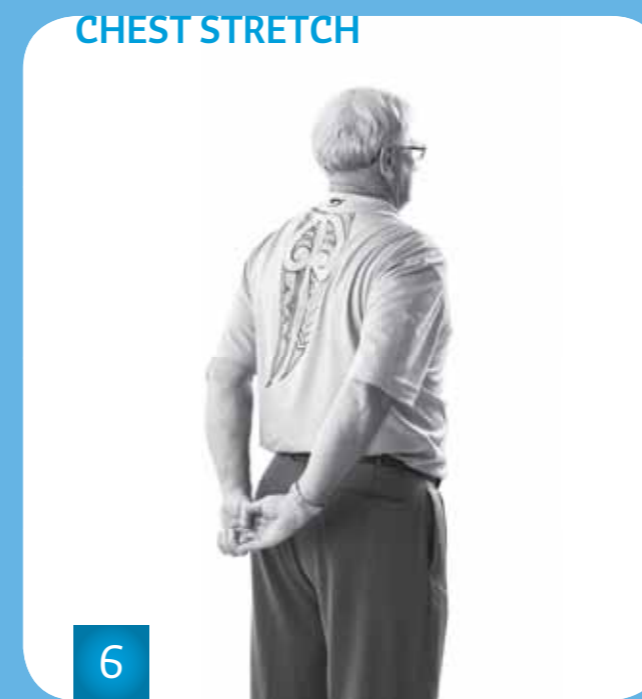
- 3 NECK ROTATIONS**
- Tuck chin in, slowly turn head to look over shoulder.



- 4 SHOULDER SHRUGS**
- Raise shoulders up towards ears.
  - Push shoulders down, reaching fingers towards the floor.



- 5 TRUNK STRETCH**
- Stand or sit, reach up, clasp wrist.
  - Breathe in, as you breathe out lean sideways towards the bent arm.



- 6 CHEST STRETCH**
- Interlink hands behind back.
  - Draw shoulder blades down and back.
  - Shift hands away from the body to stretch the chest.



- 7 BACK EXTENSION**
- Sit tall, clasp hands above head.
  - Stretch palms up to the ceiling and lean back into chair.



- 8 TRUNK ROTATION**
- Sit tall on the edge of the chair and cross one leg over the other.
  - Turn chest towards crossed leg using arms for leverage.



- 9 HAND SHAKE**
- Drop arms to your side.
  - Relax neck and shoulders, shake hands.



- 10 FRONT OF FOREARM STRETCH**
- Relax shoulders, elbow bent, bend wrist, keep palm facing up.
  - Hold hand and gently straighten elbow stretching fingers back and down.



- 11 BACK OF FOREARM STRETCH**
- Relax shoulders, drop arm to side with wrist bent.
  - Take arm back behind you keeping your arm straight.

