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 movement 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

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

2. **NCK TILT**
   - Tuck chin in, look straight ahead and tuck over shoulder.
   - Push opposite shoulder to the floor.

3. **NCK ROTATION**
   - Tuck chin in, slowly turn head to look over shoulder.
   - Push opposite shoulder to the floor.

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 wrists.
   - 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.