

# Stretches to energize you at work

## Stretching benefits and tips

- May prevent muscle soreness, cramps and injuries.

- May help you become more flexible and feel relaxed.

- Move slowly until you feel the stretch – hold for 15-30 seconds.

- Remember to breathe and stretch both sides of your body.

- Be sure to check with your physician before starting any type of physical activity.

## Corner chest stretch

- Put your hands up in a corner; keep your shoulders relaxed.
- Gently step forward until you feel a stretch in your chest.
- Hold for 15-30 seconds.
- Repeat 3-5 times.



## Hamstring stretch on floor MORE ADVANCED

- Sit on the floor with one knee bent.
- Reach out your hands toward the extended leg and bend forward at the waist, keeping your shoulders back and your back straight.
- Hold for 15-30 seconds.
- Repeat 3-5 times on both legs.

## “Figure 4” stretch

### LOWER INTENSITY

- Cross one ankle below the opposite knee and allow knee to fall out.
- To deepen the stretch, gently bend forward at the waist, keeping your shoulders back and your back straight.
- Hold 15-30 seconds .
- Repeat 3-5 times on both legs.



## Lower back

- Can be done on bed or floor.
- Lay on your back, with legs extended.
- Bring one knee into your chest; clasp hands behind thigh.
- Gently pull knee into chest.
- Hold for 15-30 seconds.
- Repeat 3-5 times on both legs.

Learn more at [BSWHealth.com/Benefits/Well-being](https://www.bswhealth.com/Benefits/Well-being)

# Stretches to energize you at work



## Neck - Head tilt

- Keep shoulders relaxed with arms hanging loosely at your sides.
- Look straight ahead; tilt your head to one side (ear toward your shoulder).
- Keep shoulders relaxed and do not raise your shoulders.
- Hold for 5-10 seconds.
- Relax - bring head to starting position.
- Repeat on the other side.

## Shoulder shrug

- Raise your shoulders up to your ears until you feel slight tension in your neck and shoulders.
- Hold for 5-10 seconds.
- Relax and let your shoulders drop into their resting position.
- Repeat 3-5 times.



## Arms, shoulders, upper back

- Interlace your fingers.
- Straighten your arms out in front of you. (You can also turn palms outward.)
- Feel the stretch in your arms and the upper part of your back.
- Hold for 10-20 seconds, repeat 2-3 times.



## Upper back

- Interlace your fingers behind your head with elbows out to the side.
- Pull shoulder blades back toward each other.
- Hold for 5-10 seconds.
- Repeat 2-3 times.

## Sitting hamstring

- Sit at the edge of a chair with your knees slightly bent. Straighten one leg out in front. Sit up straight.
- Gently bend forward at the waist, keeping your shoulders back and your back straight.
- Hold for 15-30 seconds.
- Repeat 3-5 times on both legs.



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# Stretches to energize you at work



## Lower back twist

### MORE ADVANCED

- Lay on your back, bring both knees to 90 degrees with feet on floor.
- Keeping shoulders flat in the ground, let both knees fall gently to same side.
- Hold for 15-30 seconds.
- Repeat 3-5 times on both sides.



## Hip flexor

- Take a big step forward. Gently bend the front knee until you feel a stretch in the front of your hip of the extended leg.
- Keep both toes pointing forward. Do not allow front knee to go over toes.
- Hold for 15-30 seconds.
- Repeat 3-5 times on both legs.



## Kneeling hip flexor

### MORE ADVANCED

- From kneeling, take a big step forward.
- Keep your upper body straight, while you gently increase the weight on your front foot, do not allow front knee to go over toes.
- You should feel the stretch in the front of the hip of the leg that is kneeling.
- Hold for 15-30 seconds.
- Repeat 3-5 times on both legs.



## Calf stretch

- Stand straight with feet shoulder-width apart.
- Holding on to a stable chair or countertop, step forward with your right foot, slightly bending your right knee.
- The front of your knee should be in line with the front of your toes. Your left leg should stay relatively straight and your left heel should remain on the floor. Slightly bend your front knee.
- Hold for 15-30 seconds.
- Repeat on the opposite side.

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# Stretches to energize you at work



## Arms, shoulders, sides of trunk

- Interlace your fingers. Straighten your arms overhead. (You can also turn palms outward).
- Think of elongating your arms.
- Feel the stretch in your arms and upper sides of your rib cage.
- Hold for 10–20 seconds, repeat 2–3 times.



## Guidelines for proper sitting position at your desk

- Use a chair with good back support and position yourself close to your desk/keyboard.
- Keep your feet flat on the floor.
- If they do not reach the floor, use a footrest.
- Knees and hips should be bent at a 90-degree angle.
- Keep your wrists in line with your arms – not angled up or down.
- Keep your head and neck straight and facing forward.
- Computer monitor should be at eye level.
- Keep your elbows at your side with your forearms parallel to the floor.

## Hand stretches



- Separate and straighten your fingers until you feel a stretch.
- Hold 10 seconds.
- Make a fist – squeeze tight.
- Hold 10 seconds.

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