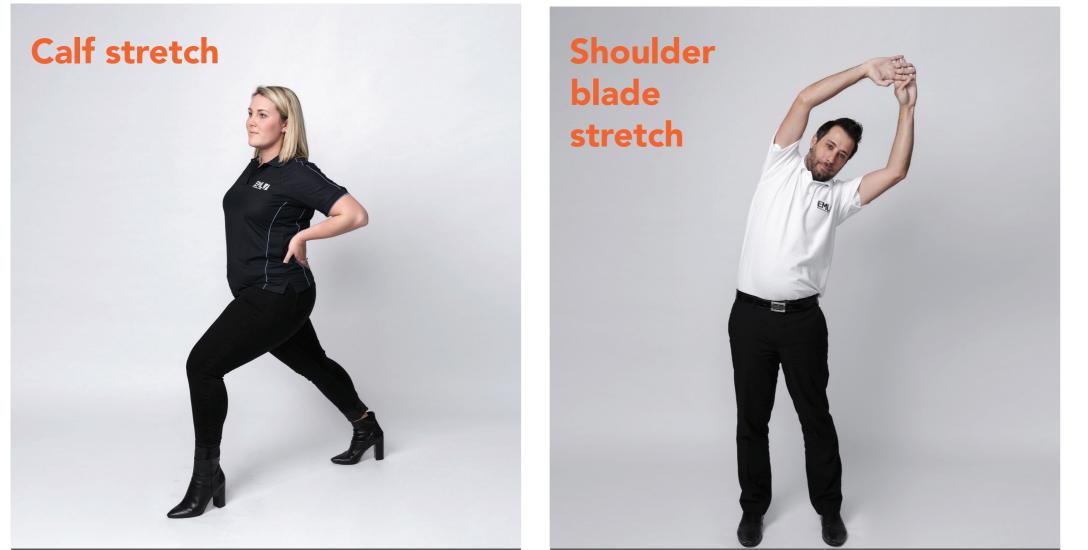
### Get active at work



Stretches can be completed during breaks, before and after your shift. Perform them slowly and gently. Do not 'bounce' when stretching.



- While standing, take a step back with the leg to be stretched • Feet should be facing forward and remain flat on the ground • Hands can either be on your hips or with your palms touching a wall for stability
- Hold stretch for 30 seconds
- (You should feel a stretch in your calf)
- Repeat on the opposite side

This exercise will help stretch the lower part of the shoulder blade.

- Clasp your fingers and position your arms above your head
- Gently lean to your left side until you feel a mild to moderate stretch on the right side of shoulder blade
- Hold for 30 seconds
- Repeat on the opposite side

You should not feel any pain or discomfort when performing these stretches. If you do feel pain, cease the stretch immediately.

If you have an existing injury, consult a health professional prior to completing these stretches.



This exercise will help stretch your neck muscles. • Standing tall looking ahead • Turn your head to one side



This exercise will help lengthen the neck and shoulder muscles.

- Repeat on the opposite side
- Hold for 30 seconds

• Place your right arm behind your back

- Gently tilt your head to the left, bringing your left ear towards your left shoulder (You should feel a stretch on the right side and behind your neck)
- Hold for 30 seconds
- Repeat on the opposite side

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## Get active at work

Shoulder rolls

Chest & shoulder stretch Stretches can be completed during breaks, before and after your shift. Perform them slowly and gently. Do not 'bounce' when stretching.



This is a warm-up exercise for the upper body.
Standing with both shoulders in a relaxed posture
Roll both shoulders backward in a circular motion
Repeat 5 times

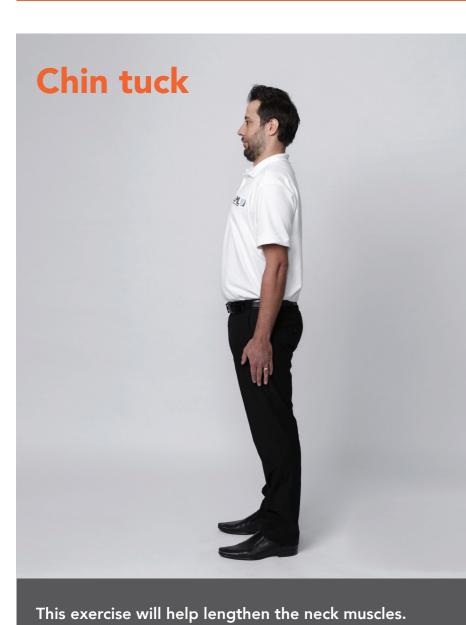


This exercise will help stretch the chest muscles and help prevent shoulder pain.

- Standing in a relaxed posture facing forward
- Clasp your hands behind your lower back
- Move your arms away from you, while gently squeezing your shoulder blades together
  Hold for 30 seconds

You should not feel any pain or discomfort when performing these stretches. If you do feel pain, cease the stretch immediately.

If you have an existing injury, consult a health professional prior to completing these stretches.



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This exercise will help stretch the trunk muscles.
Standing with feet shoulder width apart and arms at your side
Slowly slide your left hand towards your left knee
Hold for 30 seconds until you feel a mild to moderate stretch at the opposite side of your upper trunk
Repeat on the opposite side

- Looking straight ahead
- Gently tuck your chin back towards your spine until you feel a mild to moderate stretch at the back of your neck (Avoid dropping your chin to your chest)
  Hold for 5 seconds and repeat 3 times

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## Get active at work

**Upper arm stretch** 



Stretches can be completed during breaks, before and after your shift. Perform them slowly and gently. Do not 'bounce' when stretching.



### This exercise will help stretch the upper arm muscles.

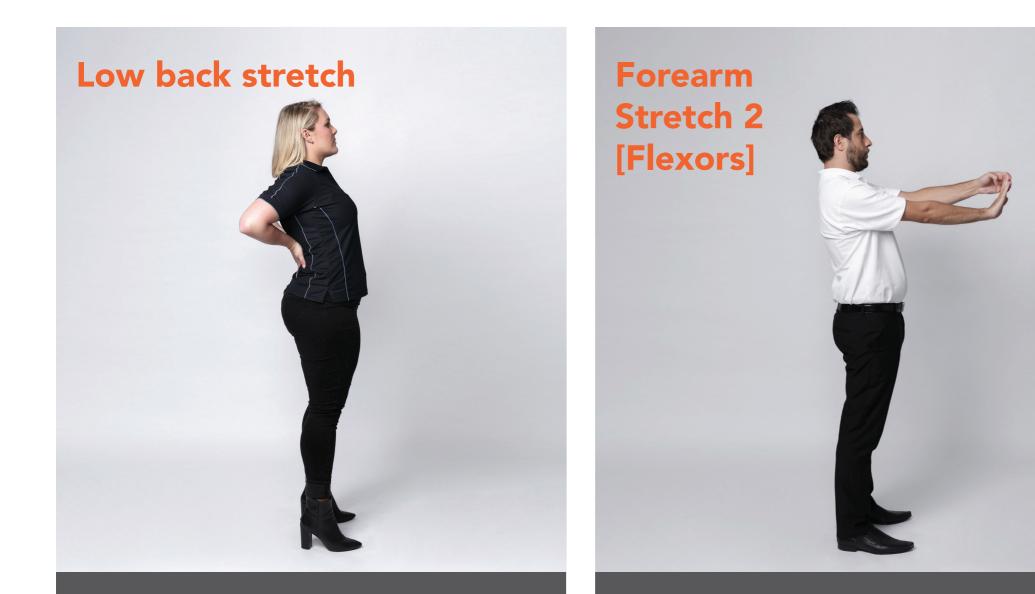
Take your right arm across your chest
Gently use the left arm to push your right arm towards your chest to increase the stretch
Hold for 30 seconds
Repeat on the opposite side

### This exercise will help stretch the wrist muscles.

- Straighten your right elbow with your palm facing downward, bend wrist so your fingers point towards the floor
- Use your left hand to gently bend your wrist until a mild stretch is felt at your forearm
- Hold for 30 seconds
- Repeat on the opposite side

You should not feel any pain or discomfort when performing these stretches. If you do feel pain, cease the stretch immediately.

If you have an existing injury, consult a health professional prior to completing these stretches.



This exercise will help stretch the low back muscles.
Stand with your knees slightly bent
Start with your hands at your low back
Slowly bend backward as far as you can without discomfort
Hold for 5 seconds
Repeat twice

This exercise will help stretch the wrist muscles.Make a stop sign with your right hand

- Use your left hand to gently pull fingers backwards until you feel a stretch on the underside of your forearm
- Hold for 30 seconds
- Repeat on the opposite side

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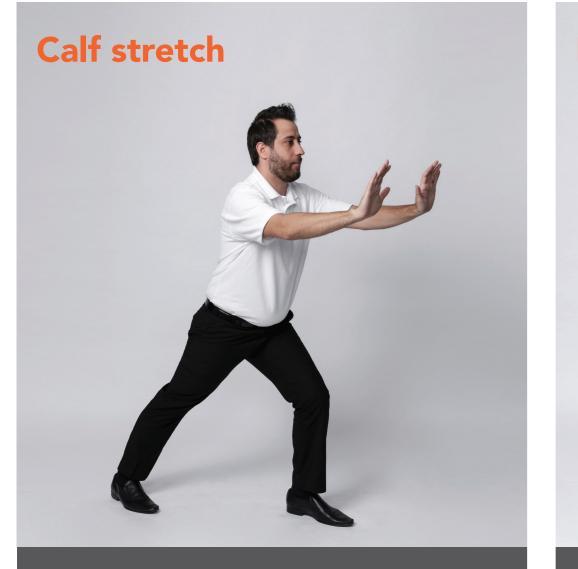


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## Get active at work



### Hamstring stretch

Stretches can be completed during breaks, before and after your shift. Perform them slowly and gently. Do not 'bounce' when stretching.

This exercise will help stretch the lower leg muscles and can relieve heel discomfort.

While standing, take a step back with the leg to be stretched
Feet should be facing forward and remain flat on the ground
Hold stretch for 30 seconds. You should feel a stretch in your calf

• Repeat on the opposite side



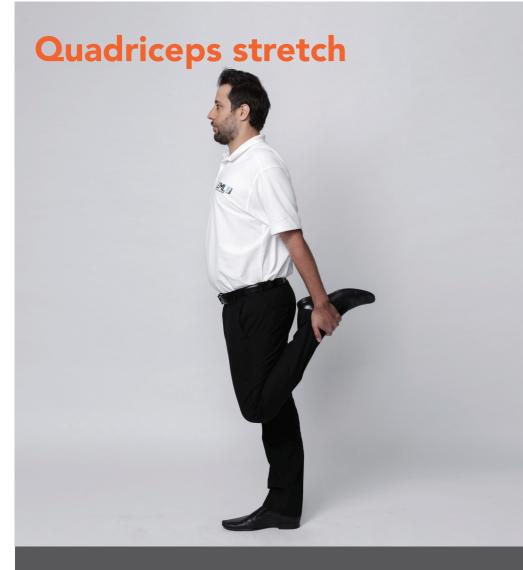
This exercise will help stretch the thigh muscles.

Step forward with the leg to be stretched forward
Bend forward from the hips keeping your back straight
Point your toes towards the ceiling (until you feel a stretch in the back of your thigh)
Hold 30 seconds

• Repeat on the opposite side

You should not feel any pain or discomfort when performing these stretches. If you do feel pain, cease the stretch immediately.

If you have an existing injury, consult a health professional prior to completing these stretches.



This exercise will help stretch your thigh muscles.While standing, bend your right knee and gently pull your

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This exercise will help stretch your hip muscles.From a standing position, take a step forward with the left leg

- right ankle towards your bottom
- Push your hip forward. You may need to use your left hand for support
- Hold 30 seconds
- Repeat on the opposite side

- and slowly lower the right knee to rest on the floor
- Gently push your hip forward. You should feel a stretch in the front of the right thigh
- Hold stretch for 30 seconds
- Repeat on the opposite side

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