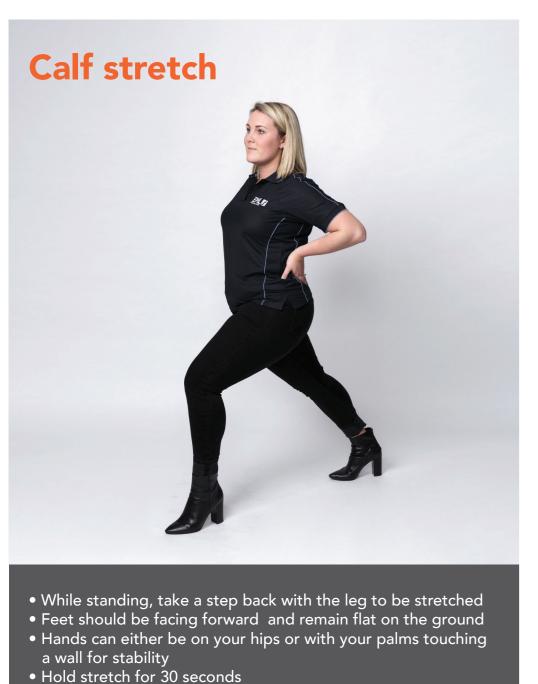
## Get active at work



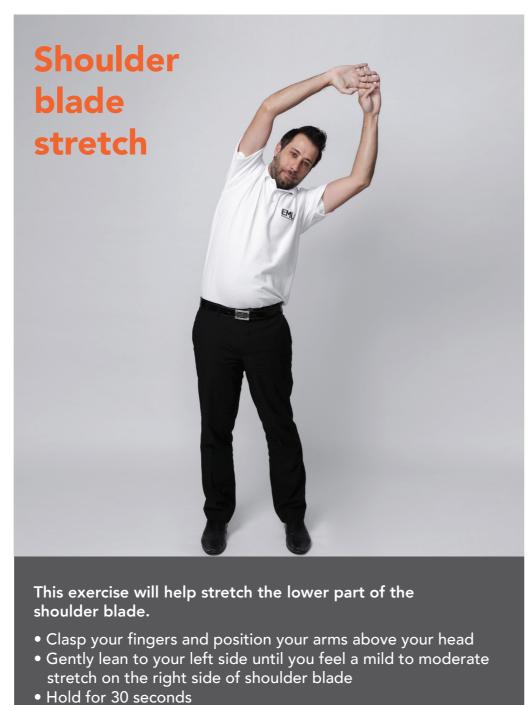
(You should feel a stretch in your calf)

• Repeat on the opposite side

Standing tall looking aheadTurn your head to one side

• Repeat on the opposite side

• Hold for 30 seconds



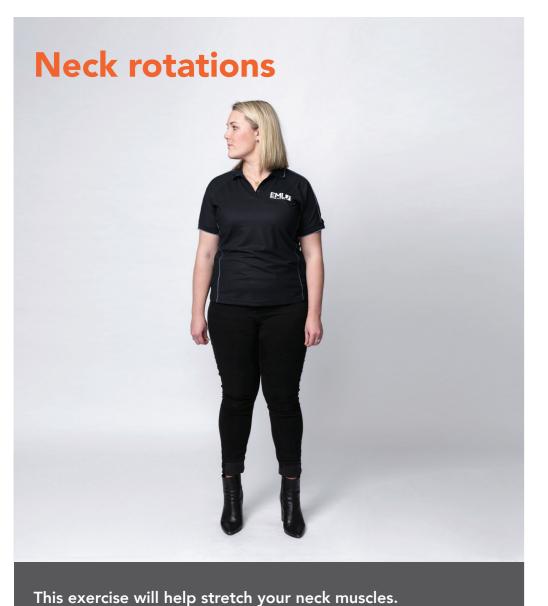
Repeat on the opposite side

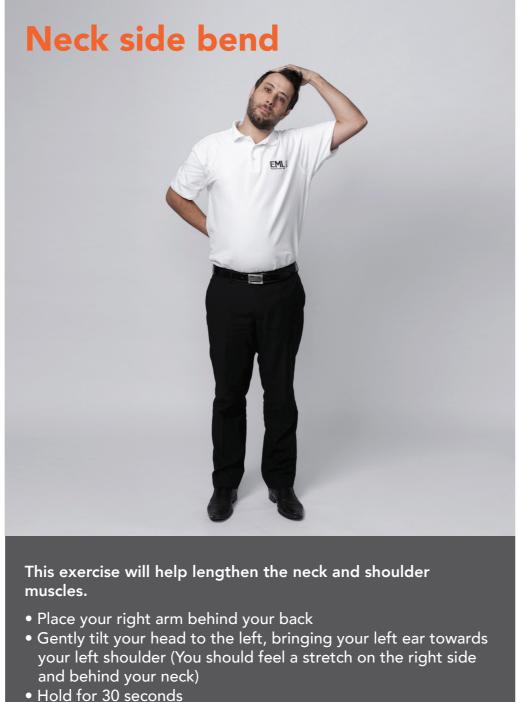
Repeat on the opposite side

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

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.

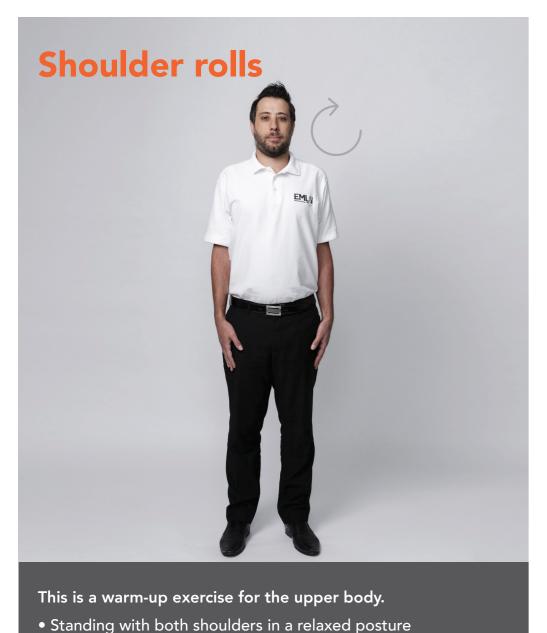






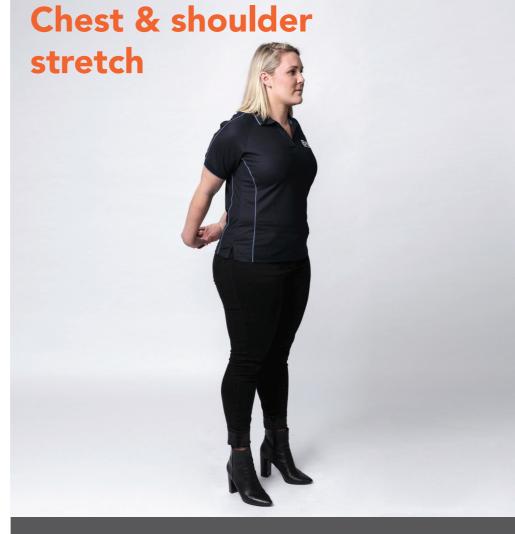


## Get active at work



• 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.
- shoulder blades togetherHold for 30 seconds

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

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

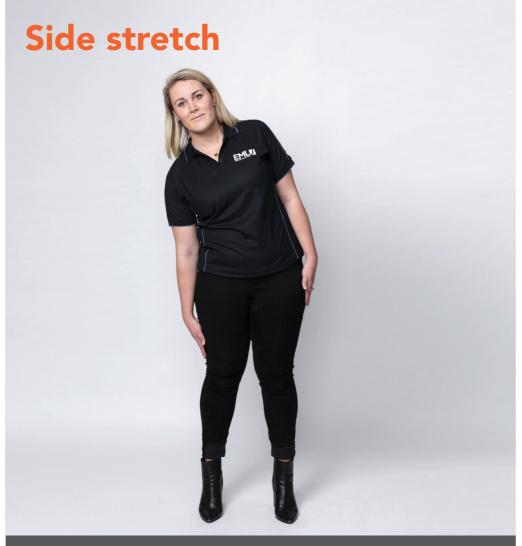
If you have an existing injury, consult a health professional prior to completing these stretches.



This exercise will help lengthen the neck muscles.

- 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





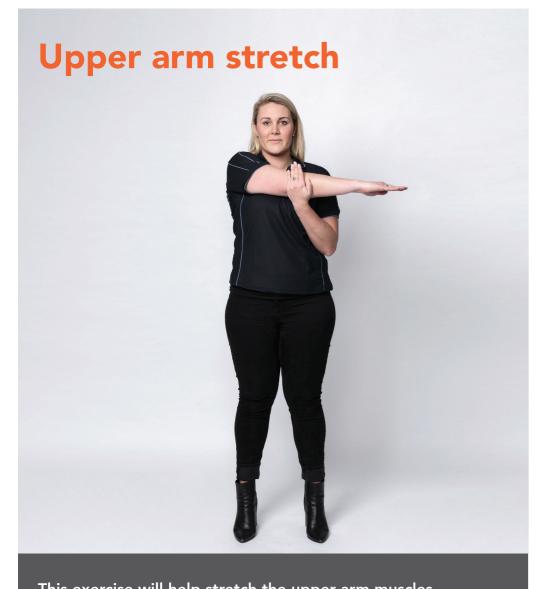
This exercise will help stretch the trunk muscles.

- Standing with feet shoulder width apart and arms at your side
  Slowly slide your left hand towards your left knee
- 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 trunkRepeat on the opposite side





## Get active at Work



- 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

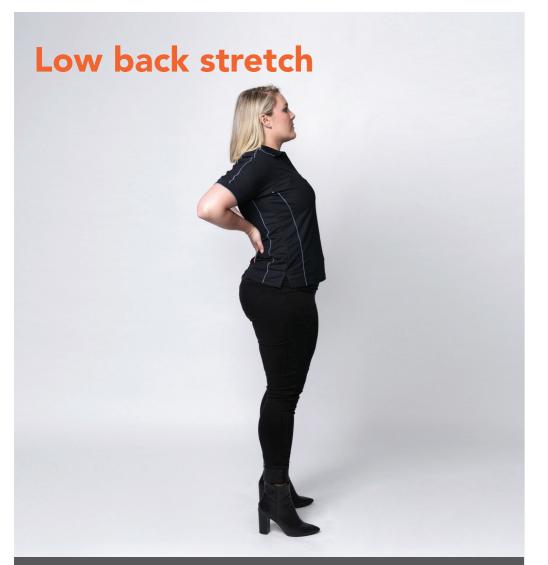


- This exercise will help stretch the wrist muscles.
- Straighten your right elbow with your palm facing downward, bend wrist so your fingers point towards the floor • Use your left hand to gently bend your wrist until a mild
- stretch is felt at your forearm
- Hold for 30 seconds • Repeat on the opposite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

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

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.

feel a stretch on the underside of your forearm

• Use your left hand to gently pull fingers backwards until you

Make a stop sign with your right hand

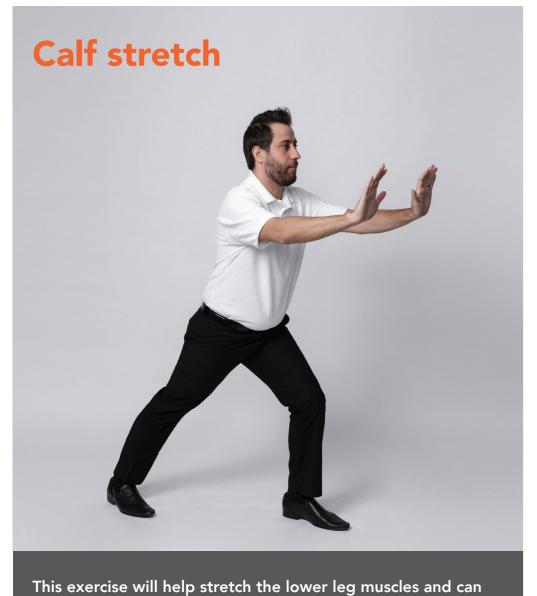
• Hold for 30 seconds

• Repeat on the opposite side



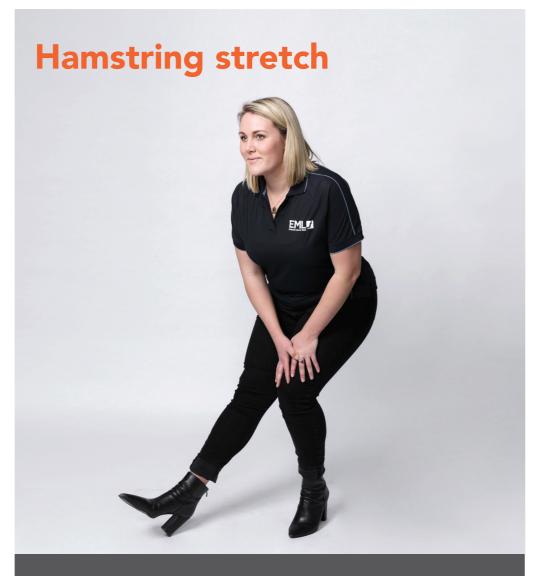


## Get active at work



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
- 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

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

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

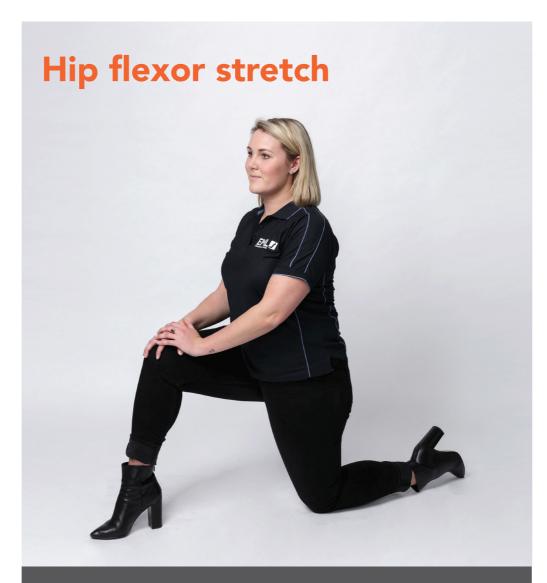
If you have an existing injury, consult a health professional prior to completing these stretches.



This exercise will help stretch your thigh muscles.

- While standing, bend your right knee and gently pull your 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



This exercise will help stretch your hip muscles.

- From a standing position, take a step forward with the left leg 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 secondsRepeat on the opposite side



