

9. Hip & Buttock Stretch

Sit in a chair or stool. Cross one leg over the other. Keeping the back erect, lean forward while keeping the crossed leg parallel to the floor. Hold for 3-5 seconds. Reverse



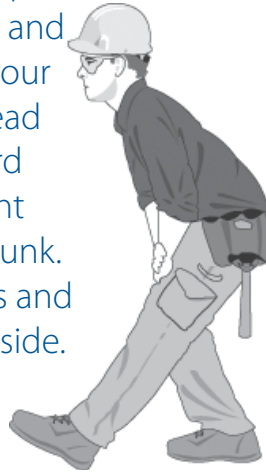
10. Thigh Stretch

Stand in neutral posture near a wall. Use the wall for support and balance with the right hand. Bend the left knee backwards and grasp the left ankle gently toward your buttock. Hold for 3-5 seconds. Repeat both legs 2X.



11. Hamstring Stretch

Stand in neutral posture. Place left leg to the side, rotated up 90 degrees outward and slightly bent. Keep your back straight and head upright. Lean forward over the right straight leg with a straight trunk. Hold for 3-5 seconds and repeat on the other side. Complete 2X both sides.

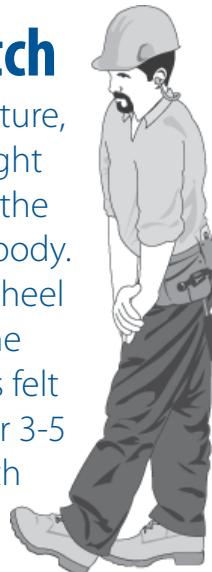


IMPORTANT NOTE!

If you are injured or previously experienced an injury, please consult with your physician before starting any of these exercises.

12. Calf Stretch

Standing in neutral posture, place most of your weight on the right foot. Place the left foot in front of the body. Bear weight on the left heel and raise the toes off the ground until a stretch is felt in the right calf. Hold for 3-5 seconds. Repeat 3X both legs.

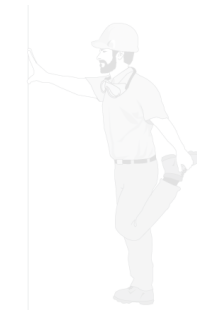


HOW

These stretches and movements should be done slowly and smoothly. Do not move in a jerky motion. Continue to breathe normally throughout the exercise session. Do not hold your breath. Modify any movement or stretch if you experience discomfort. You can modify the stretches by reducing the range of movement or reducing the number of repetitions. If neither of these modifications help, stop the exercise.

WHEN

Stretch at least twice daily. Take micro breaks throughout the day. Perform 1-2 favorite exercises, repeating them 1-2 times, between work tasks or when getting up from a prolonged static posture.



Stretching & Moving for your health



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1. Warm Up

Prepare the body to stretch and move. Walk briskly around the work area, walk in place, or perform any moderate physical exercise to increase the core temperature of your body.



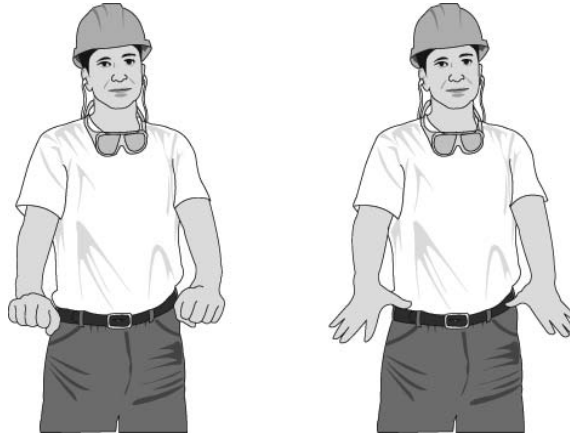
2. Neutral Standing

Take back what gravity has claimed! Stand tall. Relax your shoulders. Open your chest. Feet should form a comfortable base of support. Breathe normally.



3. Finger Stretch

Stand tall with your arms at your side. Slowly open your hands, spread your fingers as wide as possible. Repeat 5X. Gently shake your hands when done.



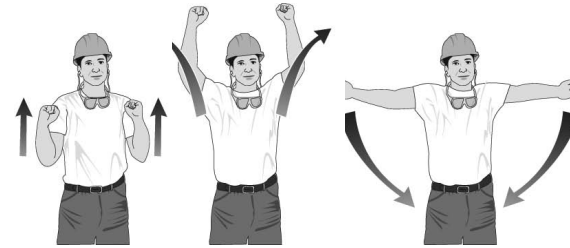
4. Shoulder Rolls

Standing in neutral posture, slowly shrug your shoulders upward, roll them back and then down. Repeat this cycle 5X. Don't turtle your head.



5. Reach for the Sky

Standing in neutral posture, reach up in front of your body over your head. Extend your reach as high as you comfortably can. Slightly extend your trunk and slowly lower your arms out to your sides. Open your chest as wide as possible. Repeat the movements 3X.



Take micro breaks frequently throughout the day. Perform 1-2 favorite exercises, repeating them 1-2 times, between work tasks or when getting up from a prolonged static posture.

6. Backward Bends

(Avoid if pregnant.)

Stand in neutral posture. Place your hands on your hips, slightly bend your knees and gently lean backward. Hold for 5-10 seconds. Repeat 3X.



7. Trunk Rotation

Standing in neutral posture, keep your pelvis forward, slowly rotate your upper body and look behind you. Your arms can be extended or your hands placed on your hips. Hold for 2-3 seconds and repeat to the other side. Repeat both sides 2X.



8. Side Bend Reach

Standing in neutral posture, reach overhead with one arm. Reach as high as you comfortably can. Gently side bend to the opposite side of the raised arm. Gently rotate your head toward the raised arm. Hold for 2-3 seconds, don't bounce. Repeat to the other side with the opposite arm raised. Repeat the movements 2X to each side.

