

STAND UP - SIT LESS - MOVE MORE

WHY?

Sitting for prolonged periods is now known to be a risk factor to your health...

musculoskeletal, cardiovascular, diabetes, conditions of the colon

HOW?

- Use havens or phone pods for longer or animated calls
- Use quiet area or havens for reading
- Walk over and talk to colleagues instead of emailing them
- Use quiet areas for tasks requiring concentration and focus
- Replace your water bottle with a glass, and drink more water so you have to fill your glass more often
- Take standing coffee breaks in breakout areas
- Whenever you can, stand for informal meetings or walk to a haven
- Collect printing more frequently
- Use the stairs instead of the lift
- Have lunch away from your desk



...maximising your potential

Stretch Breaks

Use slow, controlled movements, never bounce. Hold each stretch for 15 seconds and repeat on opposite side. Remember to perform stretches regularly throughout the day.

Note: If you are receiving treatment you should check with your Doctor or Health Professional before commencing these exercises. If you feel any pain or discomfort while doing these exercises stop immediately and consult your treating practitioner.

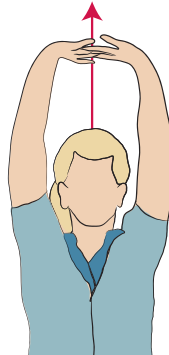
WARM UP

Warm up muscles by moving body parts required for the tasks to be performed:

- Walk around work areas
- Shrug or roll shoulders
- Move arms and hands around, roll wrists, open and close hands
- Lift and roll ankles

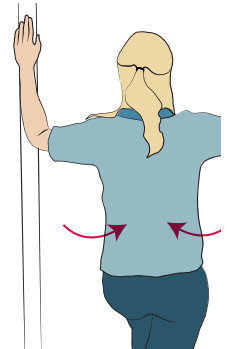
UPPER BODY

Interlace fingers and turn palms upward above head. Straighten arms then slowly lean from side to side.



CHEST AND SHOULDERS

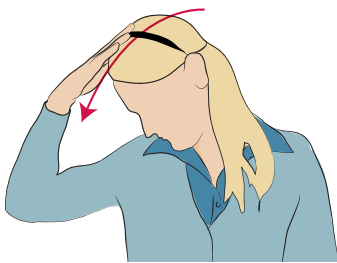
Place hands at shoulder height on either side of door frame. Squeeze shoulder blades together. Take one step forward feeling stretch across chest & front of shoulders.



NECK

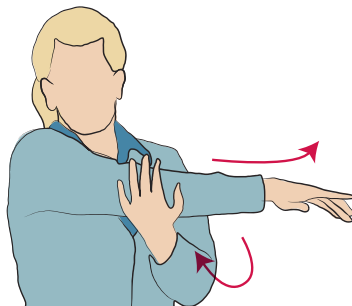
Tilt neck down so chin is close to chest. Turn neck 45 degrees to the side, pointing toward armpit.

You should feel a stretch in lengthened side of the neck.



SHOULDERS

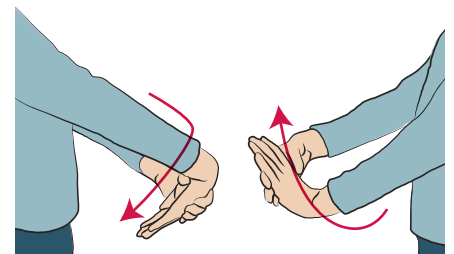
Take arm across body. Hold elbow with opposite hand and pull elbow gently towards opposite shoulder until you feel a stretch in upper back and shoulders.



WRIST AND FOREARMS

Hold wrist as shown with elbows straight. Gently bend wrist down until you feel a stretch in the forearm and hold.

Repeat in opposite direction.



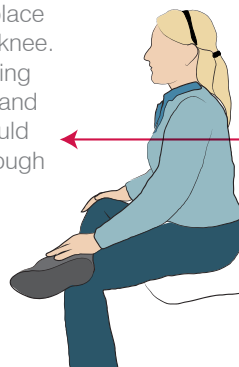
LOWER BACK

Put hands on lower back. Gently push hips forward and arch back over hands while looking forward.



GLUTEALS

In sitting position place ankle on opposite knee. Lean forward keeping your back straight and chest out. You should feel the stretch through the buttocks.



HAMSTRING

Place foot up on plant/step/object, or sit with leg in position shown with foot on floor and toes pointed. Slide hands down thigh keeping back straight. You should feel the stretch in back of thigh.

To increase stretch, bend support leg more or lean forward.



...maximising your potential