

5 MINUTE OFFICE STRETCHES

'Think of movement as an opportunity, not an inconvenience.'

Begin all exercises with your feet planted firmly on the floor

THE TWISTER LOWER BACK STRETCH



- 1 With your head and back upright, gently rotate your upper body towards your left, turning your head with you as you go
- 2 Return to starting position then repeat on the other side. This stretch should be felt in your back and sides.

THE YES & NO NECK STRETCH



- 1 With your head and back upright, turn your head towards your left shoulder and hold for 20 seconds. Return to start and repeat stretch turning head to the right
- 2 Lift chin up towards the ceiling and hold for 20 seconds. Return to start and repeat stretch with your chin lowered towards your chest.

THE BANANA SIDE STRETCH



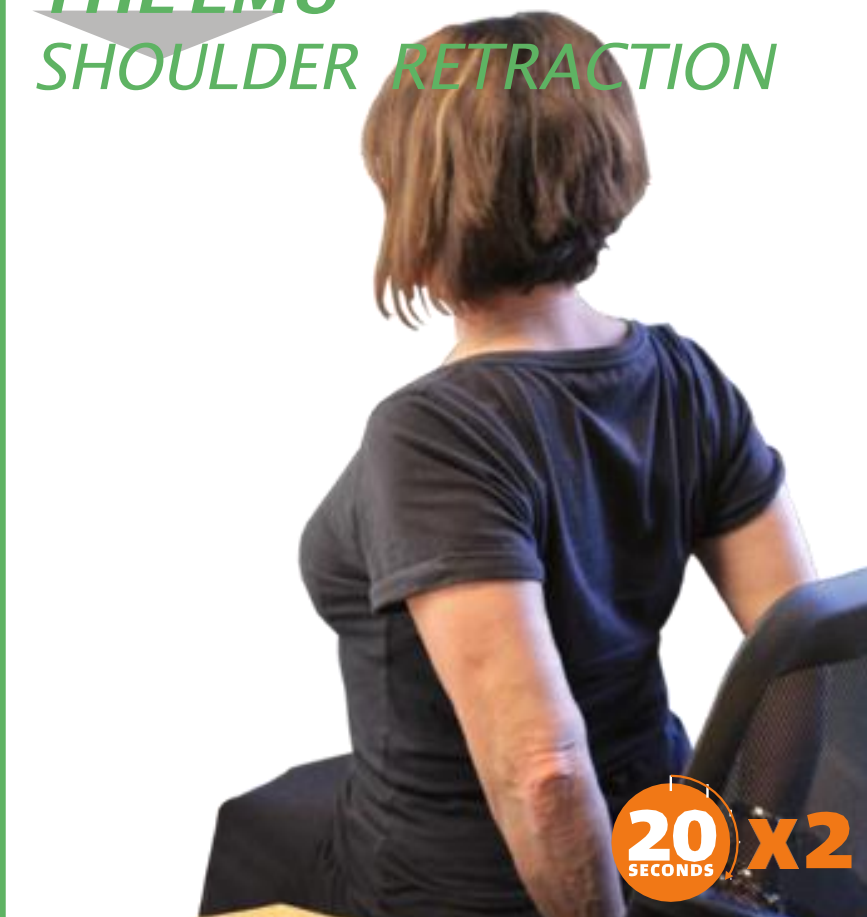
- 1 With your head and back upright, raise one arm above your head and the other alongside your body
- 2 Slide the lowered arm down, this should create a long and short side of your body
- 3 Create an arc with the raised arm. This stretch should be felt in the muscles on your longest side.

THE ROCK BACK STRETCH



- 1 Tuck your chin into your chest
- 2 Gently lower your hands towards the floor. This stretch should be felt in your back.

THE EMU SHOULDER RETRACTION



- 1 With your head and back upright, place hands together behind your lower back
- 2 Pull shoulders back and down.

REACH FOR THE SKY UPPER BODY STRETCH



- 1 With your head and back upright, raise both hands above your head
- 2 Reach up towards the ceiling, as high as possible

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**Health, Safety
and Wellbeing**
Work safe, live well

