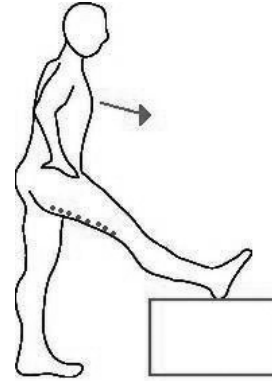


# Workstation Stretches

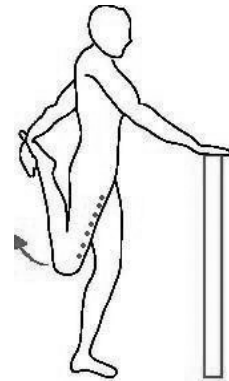
## Back of legs

Place heel of the leg being stretched on a chair or bench that is at knee height (can also be performed with the heel on the floor). Keep stretched leg as straight as possible and lean forward from the hip. Make sure hips are kept facing forward and do not hunch your back or slouch forward. Hold and repeat for each leg.



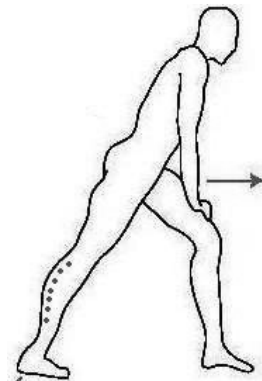
## Front of legs

Clasp your foot behind your body with opposite hand, holding on to solid surface for support. Pull your foot upward, and gently push the knee backward until you feel a gentle stretch in the front of your bent leg. Repeat several times with each leg.



## Lower legs

Begin by pointing both feet forward with the legs spaced apart. Keep the back knee straight and gently push hips forward while keeping the back heel flat on the ground. Hold and repeat for each leg.



Stretch information and illustrations used with permission from Officewise: A Guide to Health and Safety in the Office, Comcare 2002. <http://www.comcare.gov.au/officewise/> And <http://www.topendsports.com>

# Stretching at Work

At the workstation or on the job, a few minutes of stretching every day can help relieve stress, relax tense muscles and re-energize your day.

*Canada's Physical Activity Guide to Healthy Active Living* recommends you include stretching and other flexibility activities on most days.

Here are a few simple and effective stretches you can do anytime to add more physical activity into your life. You'd never guess it could be this easy!

## Follow these simple and safe stretching tips:

Stretch slowly

BREATHE normally

Relax your mind and body

You should feel a gentle stretch in the muscles - sharp pain is a sign of overstretching

Hold each stretch for at least 15 to 20 seconds, or until you feel the muscle relax

Repeat each stretch 2 to 3 times

Avoid bouncing or jerky movements during stretching - be patient and allow the muscles to gently lengthen while you hold the stretch

Maintain good posture while stretching - sit up straight, stand tall

**If you feel pain, discomfort, numbness, tingling, or loss of strength, stop exercising and contact a Health Professional.**

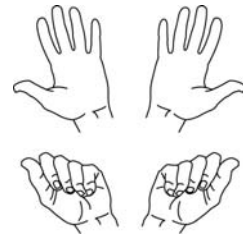
Account  
for  
**HEALTH**  
Solutions for a healthier workplace

**Region of Peel**  
Working for you  
Public Health

# Workstation Stretches

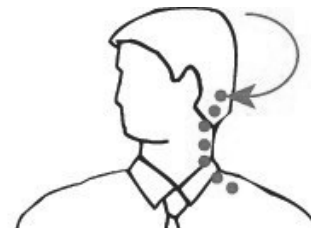
## Hands

Separate and straighten your fingers until a stretch is felt, hold for 10 seconds. Curl your fingers in at the second knuckle and hold for 10 seconds. Repeat 2 to 3 times.



## Neck turns

From a stable, aligned sitting position turn your chin towards your left shoulder to create a stretch on the right side of your neck. Hold for 10 seconds and stretch each side 2 to 3 times.



## Head rolls

Gently lower ear to shoulder and hold for 10 seconds. Slowly roll chin to chest, up to other shoulder and hold for 10 seconds. Repeat several times and be careful not to extend your neck back too far.



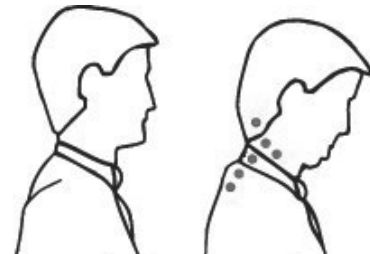
## Shoulders and forearms

Interlace your fingers and then straighten your arms out in front of you. Your palms should be facing away from you during this stretch. Hold for 10 seconds, then repeat 2 to 3 times.



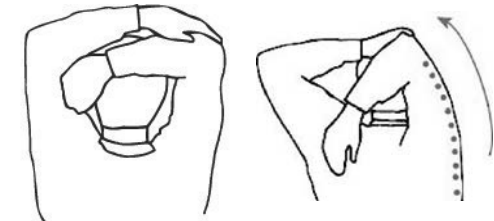
## Chin tuck

Raise the head to straighten the neck. Tuck the chin in and upwards creating a double chin. This also results in a forward tilt of the head. Hold the head forward for 10 seconds and repeat several times.



## Shoulders and arms

Stretch arm above head, cradle elbow with hand and gently pull elbow behind the head. Hold for 10 seconds and repeat several times.



## Arms and side of the body

Interlace your fingers, with your palms facing outward. Raise your arms over your head and feel the stretch in your arms and rib cage. Hold for 10 seconds and repeat 2 to 3 times.



## Upper back and shoulder rolls

Begin by raising the top of your shoulders toward your ears until you feel tension in your neck and shoulders. Hold for 10 seconds, then lower the shoulders slowly back to resting position. Then roll your shoulders forward and backward. Repeat 2 to 3 times.



## Feet and ankles

Hold onto the chair with hands either side. Straighten leg and lift foot a few centimetres off floor. Rotate foot and ankle both ways (point toes up) and extend (point toes down). Repeat several times per foot.



**Call Region of Peel for more information 905-799-7700.**