

# Get Up and Move Program

## Your body is made to move!

Lack of muscle activity and low energy use can increase the risk of cardiovascular disease, diabetes, mental health and muscular disorders. It is important to incorporate movement into your day to loosen up your muscles, improve circulation and give your mind a little boost to stay focused.



## Promote movement at work

- › Take regular short breaks to stretch and move around your workspace.
- › Set a timer to remind yourself to move every hour.
- › Alternate between sitting and standing.
- › If possible; try walking meetings or adding active elements to meetings.
- › Take your lunch break away from your desk
- › Place rubbish bins away from workstations to allow yourself to get up and to throw away trash.
- › Visit your colleagues rather than sending a message.
- › Stand up while reading documents.
- › Take the stairs instead of the lift.

## More vigorous movement options

- › Exercise on your lunch break – programs are available at the fitness and aquatic centre.
- › Active commuting (walking, cycling or public transport to work).
- › If catching public transport, get off one stop earlier and walk the rest of the way.
- › Park further away from your destination and walk the rest of the way.
- › Join us in our health promotions for exercise goals!

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## Stretching Program

- › Use slow and gentle movements, do not pull or push your joints.
- › Stretching should not feel painful, if you feel pain immediately stop and release the stretch.
- › Only stretch as far as you feel comfortable, do not force any movements as only a light tension should be felt.
- › Breathe normally - do not hold your breath.
- › Stretch both sides of your body evenly.
- › These stretches should be performed while standing or seated, start with a good base of support by placing feet parallel and flat on the floor about shoulder width apart.
- › Stretching periods are simply a recommendation: often stretching for longer times may be beneficial.

**NOTE:** If you have a medical condition or an existing injury, you should discuss the suggested sample exercises below with your treating practitioner and always follow any specific advice provided by your treating practitioner.

**DISCLAIMER:** This program is only suggestive and is not medical advice. Please seek advice from a medical professional if you experience any pain/sprain symptoms or have any specific health concerns.

## Neck/ Shoulders



### Neck Rotation

While seated or standing; keep your chin level whilst turning your head to the left and hold for 10 seconds.

Repeat twice for both sides of the body.



### Torso Stretch

Interlace your fingers above your head with elbows straight.

Gently push your arms back and up.

Hold for 10 seconds.



### Slow Neck Stretch

Reach one hand over your head and place your palm above your ear, apply gentle pressure stretching your neck towards the right shoulder, hold for 10 seconds.

Hold and repeat for the left side.



### Shoulder Stretch

With fingers interlaced behind your back, and your elbows straight, lift your arms behind you until you feel a stretch in your arms, shoulders or chest.

Hold for 10 seconds.



### Overhead Stretch

While sitting in a chair facing forward, extend your right arm above your head and reach to the left until you feel a stretch in your shoulder and hold for 10 seconds.

Repeat twice and alternate with the left arm.



### Neck Flexion

While seated or standing, tilt your head forward and hold for 10 seconds.

You can use our hands to support the stretch. Repeat this stretch tilting your head backwards.

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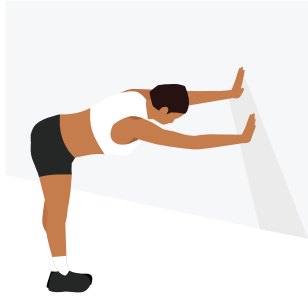
## Back



### Posture Stretch

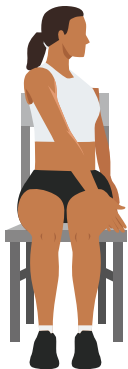
Stand up straight with your feet shoulder width apart. Tuck in your chin and place your hands below the hollow of your back.

Push your back to arch over your hands and hold for 10 seconds.



### Lower Back Stretch

Stand behind a desk or wall and holding on with both hands, bend at the hips and lean your torso forward, keeping your back straight. You may bend your knees slightly for a more comfortable stretch. Hold for 10 seconds and repeat twice.



### Back Twist

Whilst in your chair, plant your feet shoulder width apart on the floor. Take the right arm and place on left knee. Twist towards the left.

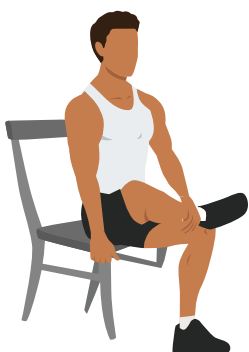
Hold for 10 seconds and repeat on the other side.



### Lumbar Flexion Stretch

Sitting in a chair with your shoulders back and feet flat, stretch forward and fully lengthen your spine.

Hold this for 10 seconds.



### Gluteal & Abductors

Whilst seated, place your right foot over your left knee, keeping your left foot flat on the floor. Keeping your back straight, gently push your knee into the chair.

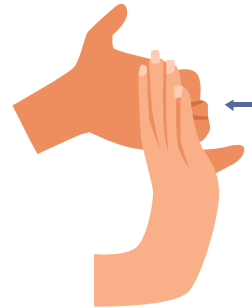
Hold for 10 seconds and repeat

## Wrist/ Forearms



### Prayer Stretch

Place palms together in front of your chest below your chin, slowly lower your hands towards your waistline until you feel a stretch, hold for 10 seconds and repeat 2 times.



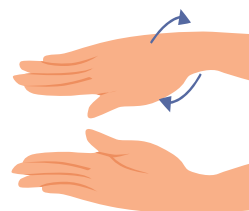
### Wrist Flexor Stretch

Extend arm in front of you with **your palm facing down**, bend your wrist pointing your hand upwards. With your other hand gently bend your wrist until you feel a stretch and hold for 10-20 seconds, repeat twice for each alternating side,



### Wrist Extensor Stretch

Extend your arm in front with **your palm facing down**, bend your wrist pointing your hand toward the floor. With your other hand, gently bend your wrist until you feel a stretch and hold for 10-20 seconds. Repeat twice for each alternative side.



### Wrist Rotation

Stretch your hand out with your palm facing up, slowly rotate the wrist internally until you feel a stretch and hold for 5 seconds, repeat twice for each alternative side.



### Finger Extensions

Open and close both hands a few times to loosen up the muscles in the hands and forearms

## Sitting too long? Try these!



### Quad Stretch

Using a chair, desk or wall for balance, take your heel towards your bottom, keeping your knees together and your back straight.

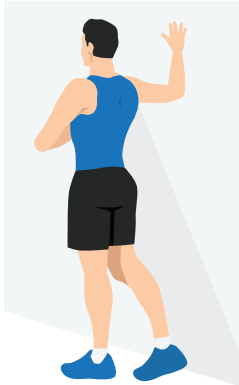
Hold where you feel a stretch in your thigh for 10 seconds, then repeat on the other side.



### Rear Deltoid Stretch

Straighten your right arm across your body and hold with your left forearm for 10 seconds.

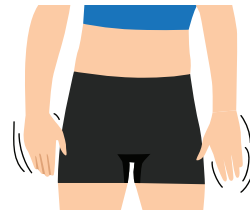
Repeat with your left arm.



### Chest Stretch

Stand with your palm placed flat against a wall or doorframe. Step forward and gently rotate your body away from your arm.

Hold for 10 seconds and repeat on the other side.



### Wrist Relief

Lower both hands by your side and allow them to relax, shake your hands gently for 10 seconds to allow the wrist and hand muscles to relax..



### Hamstring Stretch

While standing, raise toes upwards and bend forward at the waist, keeping the back straight. Try to touch the toes but do not strain to do so.

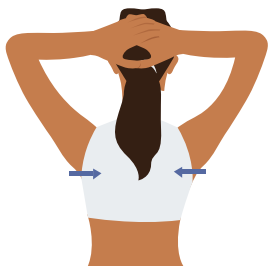
Hold for 10 seconds and repeat on the other leg.



### Ankle Rotation

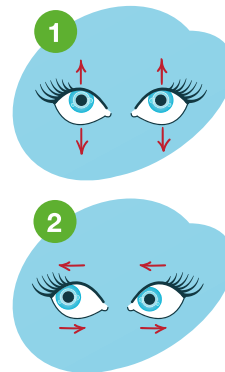
While standing in a stable position with legs shoulder width apart: gently raise right leg and rotate ankle in a 360 degree motion for 10 seconds.

Repeat with your left ankle.



### Deltoid Stretch

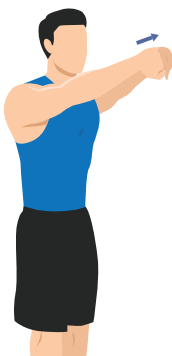
Place both hands behind head and squeeze your upper back and trapezius muscle. Hold stretch for 10 seconds and repeat this stretch twice



### Eye Refresh

Sit straight facing forward and repeat following sequence 3 times without moving your head:

Look up, then down, look left, then right



### Interlaced Finger Stretch

Interlace fingers and stretch your hand with your palms facing outward and hold for 10 seconds.



### Visual Reset

Look away from the screen, focus on something 3 meters away (look out the window or a picture on a far wall).

Refocus on your screen.