

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.

20 SECONDS X2

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.

20 SECONDS X2

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.

20 SECONDS X2

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.

20 SECONDS X2

THE EMU SHOULDER RETRACTION



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

20 SECONDS X2

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 until you feel a stretch in your entire upper body.

20 SECONDS X2

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