

# Stretch and Go

## Mail processing

Performing these stretches throughout your shift will assist in maintaining healthy mobility and posture for your role.

### The get set

- Step forward with one leg
- Slowly bend the front knee while keeping the back heel on the ground
- Push against something stable or place both hands on front thigh for support

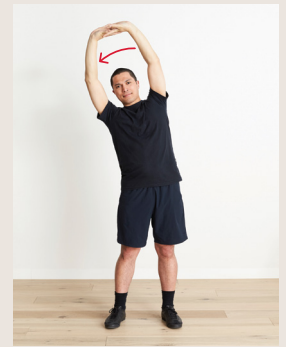


### Guidelines

- Do each stretch twice or twice on each side unless specified otherwise
- Hold each stretch for 20 seconds
- Do not bounce when performing stretches
- Breathe normally – do not hold your breath
- Stop stretching if it causes pain

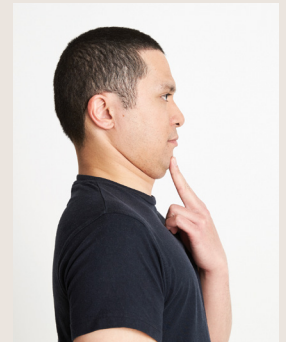
### Bend and reach for the stars

- Stand with feet shoulder width apart
- With arms straight out in front, lock hands with palms outwards and thumbs pointing down
- Raise arms above head and bend from side to side



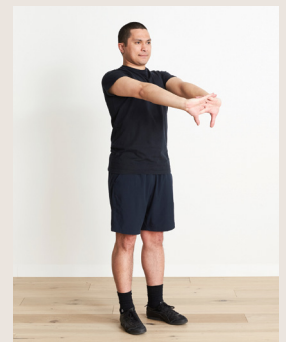
### Stop and smell the roses

- Keep shoulders back and eyes level
- Tuck chin in to make a double chin, until a gentle stretch to the back of the neck is felt



### Palm springs

- Lock hands together with palms facing outwards
- Push away from your body by straightening the arms and pushing the palms forward



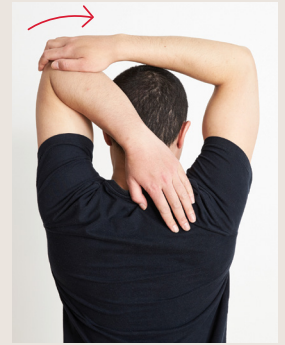
## The chicken dance

- Draw circles with your elbows keeping your thumbs locked to your chest
- Make circles forward and backwards



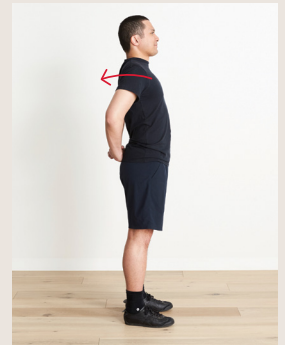
## Itchy back

- Lift and bend one arm until your hand is touching the middle of the upper back
- Grasp the elbow with the other hand and pull gently



## Surprise package

- Interlock fingers behind your back with thumbs pointing to the ground
- Pull shoulders back and straighten arms, pushing chest forward



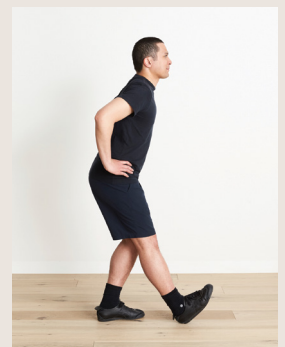
## The hipster

- Place hands on hips
- Step forward with one leg keeping front knee bent and back knee slightly bent
- Gently push hips forward, while keeping chest up and back straight



## The hammy

- Place one foot out in front and raise toes off the ground
- Slowly bend forward from the hip, keeping back straight and chest up



## Prayer

- Place palms of hands together at chest level
- Slowly push arms downwards until a stretch is felt



## Reverse prayer

- Place backs of hands together at hip level
- Slowly move arms upwards to shoulder height and hold

