Stretch and Go
Office-based work

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

Listen ear

- Bring one ear towards your shoulder
- Keep the opposite shoulder down until a gentle stretch is felt
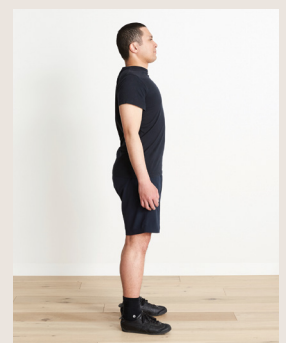

Cross your heart

- Bring one arm across the chest
- Keeping the shoulder down, use the other arm to hug it close to the body

Straighten up

- Move into good posture by pulling your chin inwards, giving yourself a double chin
- Pull shoulders back and squeeze tummy muscles and buttocks

Surprise package

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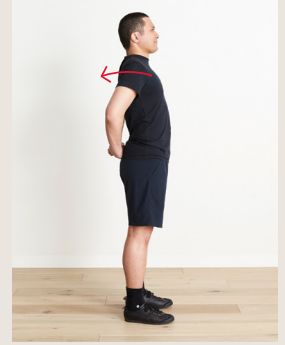
Back me up

- Place hands on hips, just below the hollow of your back
- Gently push hips forward, arch back and lift chest up
- Tuck chin in and keep eyes looking forward
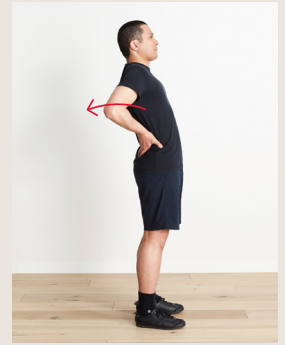
The twist

- In an upright seated position cross right leg over the left
- Use left hand to deepen the rotation as you look over the right shoulder

The hipster

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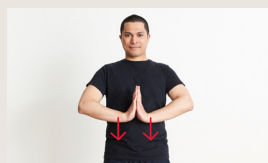- Gently push hips forward, while keeping chest up and back straight

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