

# Stretch and Go

## Parcel processing & freight handling



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

### Kick start

- Hold a support for balance
- Using your hand, draw one heel towards the buttock

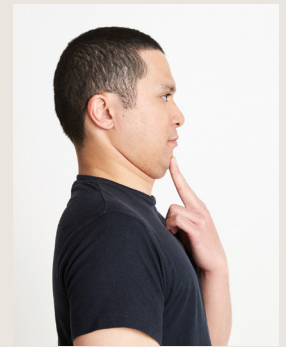


### Guidelines

- 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

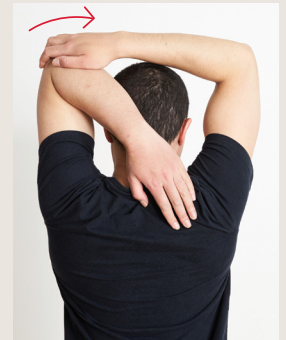
### Stop and smell the roses

- 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



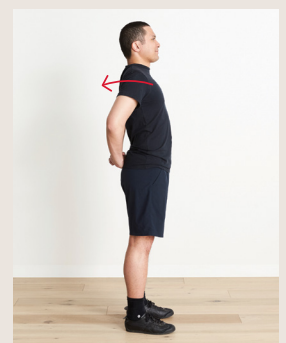
### Itchy back

- 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



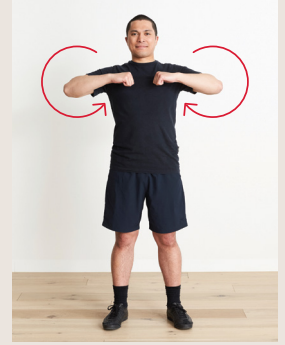
### Surprise package

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



## The chicken dance

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



## Hula hoops

- Stand with feet shoulder width apart and knees relaxed
- Make a circle with your hips in each direction
- Keep your upper body as stationary as possible



## 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



## The hammy

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



## 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



## 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

