

# Stretch and Go

## Van drivers

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

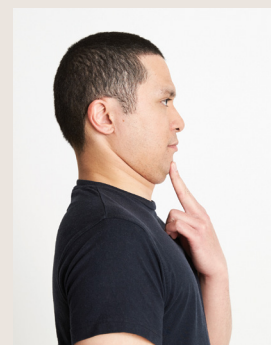
### Listen ear

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



### 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



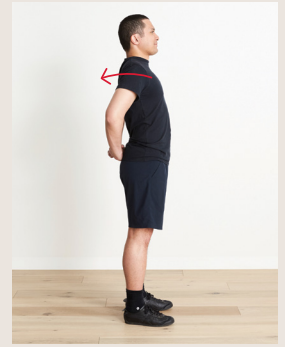
### Cross your heart

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



## Surprise package

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



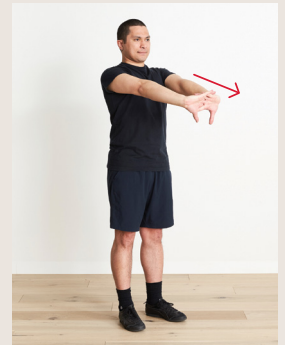
## Hula hoops

- 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



## Palm springs

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



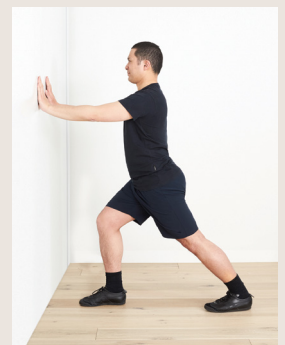
## The hammy

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



## 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

