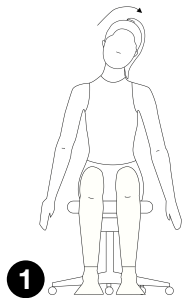


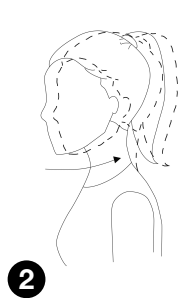
Deskercises

Each hour take a short break from sitting at your desk, select 2-3 exercises to stretch your muscles, move your joints and keep your body flexible.



1

Gently press your ear towards your shoulder to stretch your neck muscles. Hold for count of 3, and do 5 on each side.



2

Glide your head backwards on your neck until you feel a gentle stretch through the muscles of your neck. Repeat 10 times



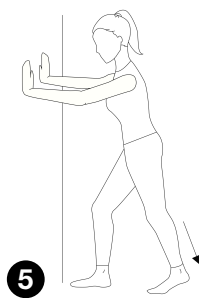
3

Grasp your hands behind your back and lift backwards until you feel a stretch across the front of your shoulders. Hold for count of 3, and do 5 on each side.



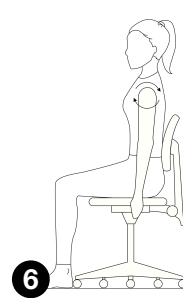
4

Press your hands into the small of your back and lean backwards to feel a stretch in your spine. Repeat 10 times.



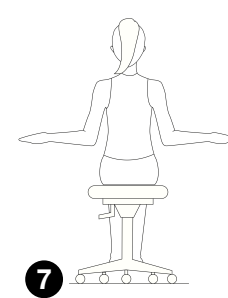
5

Keep your left leg straight and lean forward until you feel a stretch through your left calf muscle. Hold for count of 10, then swap sides.



6

Roll your shoulders forward then backwards, 10 times in each direction.



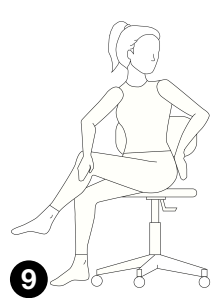
7

Keep your elbows at right angles and pressed into your side, then press your hands out to the side. Repeat 10 times.



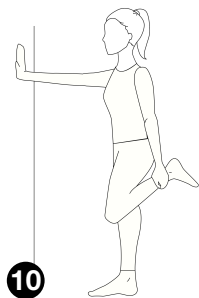
8

Standing up against a wall, slide your arms up over your head. Repeat 10 times.



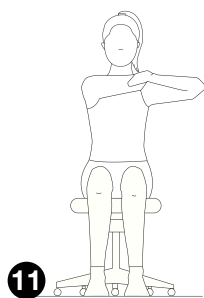
9

Cross your left leg over your right knee, turn gently to your left until you feel a gentle stretch through your spine and trunk. Hold for count of 3, repeat 5 times each side.



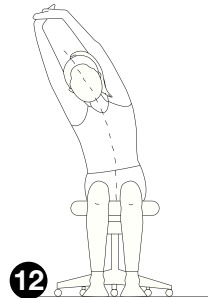
10

Grasp your left ankle and press your left knee back until you feel a stretch through your left thigh muscles. Hold for count of 3, repeat 5 times each side.



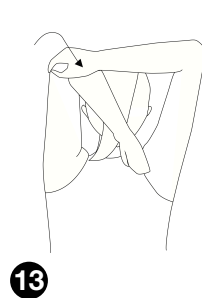
11

Reach your right hand over your left shoulder. Gently press your right elbow back until you feel a stretch through your right shoulder. Hold for count of 3, repeat 5 times each side.



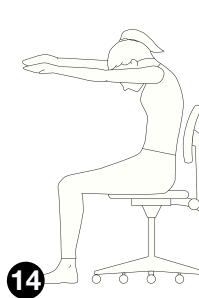
12

Grasp your hands, stretch up then side to side. Hold for count of 3, repeat 5 times each side.



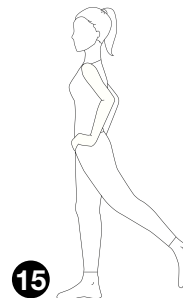
13

Reach your left hand down your back. Gently press your elbow back with your right hand until you feel a stretch in your shoulder. Hold for count of 3, repeat 5 times each side.



14

Grasp your hands and reach forward as far as you can. Feel a stretch across your upper back. Hold for count of 3, repeat 5 times.



15

Lift your straight leg backwards and hold for a count of 3. Repeat 10 times each side.



16

With your elbow straight, gently press your wrist down, then up, stretching your forearm muscles. Repeat 10 times each side.



Disclaimer: The information provided in this sheet is not intended to replace professional medical advice and care from a healthcare professional. You are responsible for seeking and obtaining healthcare services from qualified medical professionals and should always consult with your healthcare professional if you have any questions or concerns about your health.

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