OFFICE STRETCHES TO SAVE YOUR SPINE

1. TEAPOT STRETCH
   - Stand with your feet shoulder width apart. Place your right hand on your hip, take your left hand over your head and gently bend your upper body to the right and hold for 1-2 seconds. Slowly return to the centre. Repeat on the other side. Repeat 2-3 times.

2. BACK STRETCH
   - Place the palms on the lower back and gently lean back briefly before returning to the neutral standing position. Be careful not to lean back too far or overextend your neck. Repeat 2-3 times.

3. SHOULDER PULL
   - Hold your right upper arm and pull across your chest. Hold the stretch for 20-30 seconds. Repeat on the other shoulder.

4. QUADRICEPS STRETCH
   - Stand on one leg with your knee touching. If needed, grab hold of a chair or table for support. Cross your right foot with your right hand and pull toward your butt. Hold for 20 to 30 seconds. Repeat on the other side.

5. NECK STRETCH
   - Reach over your head with your right hand, slowly, and gently pull your head away from your left shoulder. Then let your left shoulder drop down to increase the stretch. Repeat on the other side.

TOP TIP
- Research shows that it’s much easier to form new habits if we do it at the same time each day. So try and find some time slots that suit your working day to do these stretches such as 10am, 1pm & 3pm.

TOP TIP
- Stop the exercises and seek medical advice if they cause pain, make symptoms worse or create new symptoms.

HEALTHY TIPS
- DRINK MORE WATER
- STAND AT WORK & WALK MORE
- USE THE STAIRS MORE
- GET OUTSIDE &也许 GET A DOG

Physical Balance Presents