

De-Stress at your Desk!

Improve your working lifestyle with this Desk Exercise Sheet

Even if you have your computer station set up for correct posture, there are still things you can be doing for a healthier working environment.

Physical activity not only promotes mental wellbeing, increases productivity and reduces stress level, but regular movement can help ease back problems and other aches and pains.

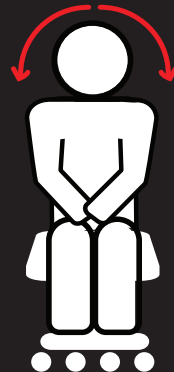
Nothing beats getting away from your desk for a walk, but when that's not possible try building these simple desk exercises into your daily working routine.



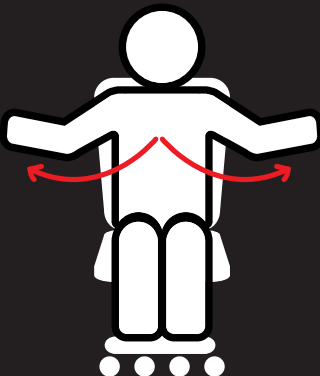
PERFECT POSTURE



THE SIT-STRETCH



NECK STRETCH



CHEST STRETCH



THE LEG-UP



CHAIR TWIST



Follow these simple exercises for a healthier working environment

PERFECT POSTURE

Good posture is important for keeping your back, neck and other joints healthy.

- Sit with your bottom right at the back of your seat and rest against the back of your chair for support.
- Relax your shoulders, don't allow them to elevate or round.
- Make sure both of your feet are flat on the floor, and your knees are level with your hips.
- Adjust your chair and use a footrest.



THE SIT STRETCH

Long periods of sitting with your knees and hips flexed can cause the muscles at the back of your legs (hamstrings) to shorten and become tight.

- Perch on the edge of your seat and stretch your right leg out in front of you.
- Rest your heel on the floor with your foot pointing up.
- Lean forward slightly from your hips and look straight ahead. You should feel a gentle stretch but no pain along the back of your right leg.
- Hold the stretch for 20 seconds, repeat three times and then switch legs.



NECK STRETCH

Sitting at a desk for an extended period of time can create a stiff neck and tense shoulders.

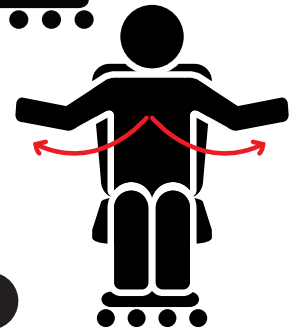
- Rotate your head up and down.
- Turn your head side to side.
- Tilt your head toward each shoulder. Try not to bring your shoulder to your ear.
- Hold each stretch for 15 seconds and repeat three times.



CHEST STRETCH

Working on a keyboard with arms and hands outstretched can lead to rounded shoulders and a slumped posture. Your chest muscles can become tight and the muscles between your shoulder blades might be underused.

- Sit forward from the back of your chair.
- With your thumbs pointing towards the ceiling, open your arms out to the side until you feel a stretch in the front of your chest. Ensure your shoulders are back and down.
- Aim to switch on the muscles between your shoulder blades by gently drawing them together. You should not feel pain or tingling in your arms.
- Hold the stretch for 20 seconds and repeat three times.



THE LEG-UP

Spending too much time sitting can make the muscles on the front of your thighs (quadriceps) tight. Over time, this can leave you at greater risk of injury to your knees and lower back.

- Stand in front of your desk and place your left hand on it for balance.
- Standing on your left leg, raise your right heel towards your right buttock.
- Grab hold of your right foot with your right hand. You should feel a stretch along the front of your thigh.
- Hold the stretch for 20 seconds, repeat three times and then switch legs.



CHAIR TWIST

Regular movement can help ease back problems and other aches and pains. Nothing beats getting away from your desk for a walk, but when that's not possible mobilize your spine.

- Sit slightly forward in your chair and rotate your head and upper body to the right.
- Take your left arm and cross it over your body so that it meets your chair's right armrest. If this feels difficult rest your left hand on the side of your right knee.
- Rest your right hand on the top of the back of your chair and keep your feet flat on the ground while performing this stretch.
- Hold this position for 20 seconds, repeat three times and then switch.

