# ENERGIZE YOUR WORKPLACE

## Stretching exercises for the active workplace

### CHEST
Reach your arms out at shoulder level, palms facing up. Squeeze your shoulder blades together and reach your arms back until you feel a stretch across the chest.

### THIGH
Using a wall to balance if you wish, bend your knee, lifting your foot towards your buttocks. Squeeze buttocks and press your hips forward. Switch legs and repeat.
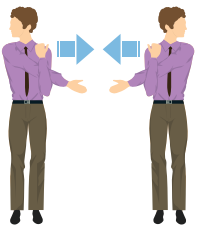
### LOWER BACK
Standing tall with your arms straight out in front, bend at the hips keeping your back straight and touch your toes.

### SIDE BEND
Sitting or standing tall, place one hand on your hip and reach the opposite arm overhead and lean. Keep both shoulders relaxed. Switch arms and repeat.

### UPPER BACK
Sit or stand tall. Bring one arm across your body, using your hand to pull the arm in until you feel a stretch in the back of the shoulder. Keep both shoulders relaxed. Switch arms and repeat.

### CALF
Standing in a lunge position, lean forward until you feel a gentle stretch in the back of your calf. Switch legs and repeat.

### HIP
Start in a lunge position. Lift up onto the ball of the back foot, squeeze the buttocks to press hips forward and bend the front knee to sink down. Switch legs and repeat.

### HAMSTRING
Place one foot on a bench or chair, lean forward until you feel a gentle stretch in the back of your leg. Keep your back straight and shoulders relaxed.

## Why stretching is important?

- It relieves muscle tension, aches and pains at the end of day
- It's a great way to de-stress
- It decreases working injuries, including: back strain from lifting, neck and shoulder pain, and stiffness
- It increases your range of motion, which prevents injuries, promotes flexibility and makes everyday activities easier
- These stretches are most effective when you are already warmed up, and are ideal for after a workout

**York Region**