Stretch at Work Checklist

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# Tasks:

☐ **Hands and Arms**

☐ **Make a fist with each hand, keep your thumbs out straight.**

☐ **Pull your fingers up your palm until your fingertips touch the base of your fingers.**

☐ **Place one hand on the fingers of the other.**

☐ **Slowly bend wrist down until you feel a stretch**

*Hold 3-5 seconds and relax.*

☐ **Neck**

☐ **Pull your shoulders up to your ears, hold for 3-5 seconds, and relax.**

☐ **Sitting or standing with a straight back, relax your head to the right (or left), trying to touch your ear to your shoulder.**

☐ **Back**

☐ **Sitting in your chair with feet flat on the floor, reach your arms above your head and interlace your fingers.**

☐ **Press arms as far back you can and hold a moment.**

☐ **Slowly lean to one side, hold for a few seconds and then return upright.**

☐ **Repeat on the other side.**

☐ **Feet and Legs**

☐ **Lift left leg straight in front of you.**

☐ **Flex and point foot, so toes stretch up to ceiling, then straight out.**

☐ **Repeat 2-3 times, then rotate foot in circles.**

☐ **Repeat with right leg.**

☐ **Tips**

☐ **Stretch slowly.**

☐ **Remember to breathe normally.**

☐ **You should feel a gentle stretch in the muscles, sharp pain is a sign of overstretching.**

☐ **Hold each stretch for at least 15-20 seconds, or until you feel the muscle relax.**

☐ **Repeat each stretch 2- 3 times.**

☐ **Avoid bouncing or jerky movements during stretching.**

☐ **Relax your mind and the rest of your body as much as you can - enjoy the sensation.**

☐ **Maintain good posture while stretching - sit up straight, stand tall.**