



SHOULDER PULL

Grab under your right upper arm and pull the arm at shoulder height across your chest.

**Repeat for the other shoulder.
Hold stretch for 15 seconds.**



TEAPOT STRETCH

Stand with your feet shoulder width apart. Place your right hand on you 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 other side.
Repeat 2-3 times.**



LEG STRETCH

While sitting in your chair with your feet flat on the floor, raise one leg until your toes are pointing to the ceiling.

**Hold for 5 to 10 seconds and release.
Switch legs and repeat.**



NECK STRETCH

Reach with right hand over your head and shrug your left shoulder. Slowly pull your head away from left shoulder then drop your left shoulder down.

**Repeat for other side.
Hold for 10 seconds.**



BACK ROTATION

Sitting on a chair with left leg crossed over your right leg. Place right hand on left thigh just above the knee and pull leg towards right. At the same time, turn your body towards the left, looking over the left shoulder.

**Repeat for the other side.
Hold for 15 seconds.**

*Before participating in any physical activity, please consult with your doctor about your own personal health.

TIP:

Make it a point to
**TAKE A BREAK FROM YOUR MONITOR
EVERY 20-30 MINUTES**
with a quick walk around the office.



FOR MORE INFORMATION
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