

Stretch and be Energized

Simple stretches to relive stress, tension and keep you energized.



Workplace Wellbeing solutions

Corporate wellness is more important than ever. We are proud to offer this hassle-free workstation exercise booklet for our staff members to participate in maintaining their physical wellbeing and improve their body mechanics such as Sitting position, blood flow and increase motivation while boosting staff productivity and morale.

This simple booklet gives a variety of desk exercises designed for any fitness level and helps you to meet your obligations for your employee's wellbeing.

Simple stretches have been proven to reduce stress, release 'feel-good' endorphins, and enhance employee performance - all while reducing the risk of occupational injury.

We look forward to helping your company discover the benefits of regular therapeutic massage.

Phyllis Brown Assoc CIPD

EnergieNZ Company Director

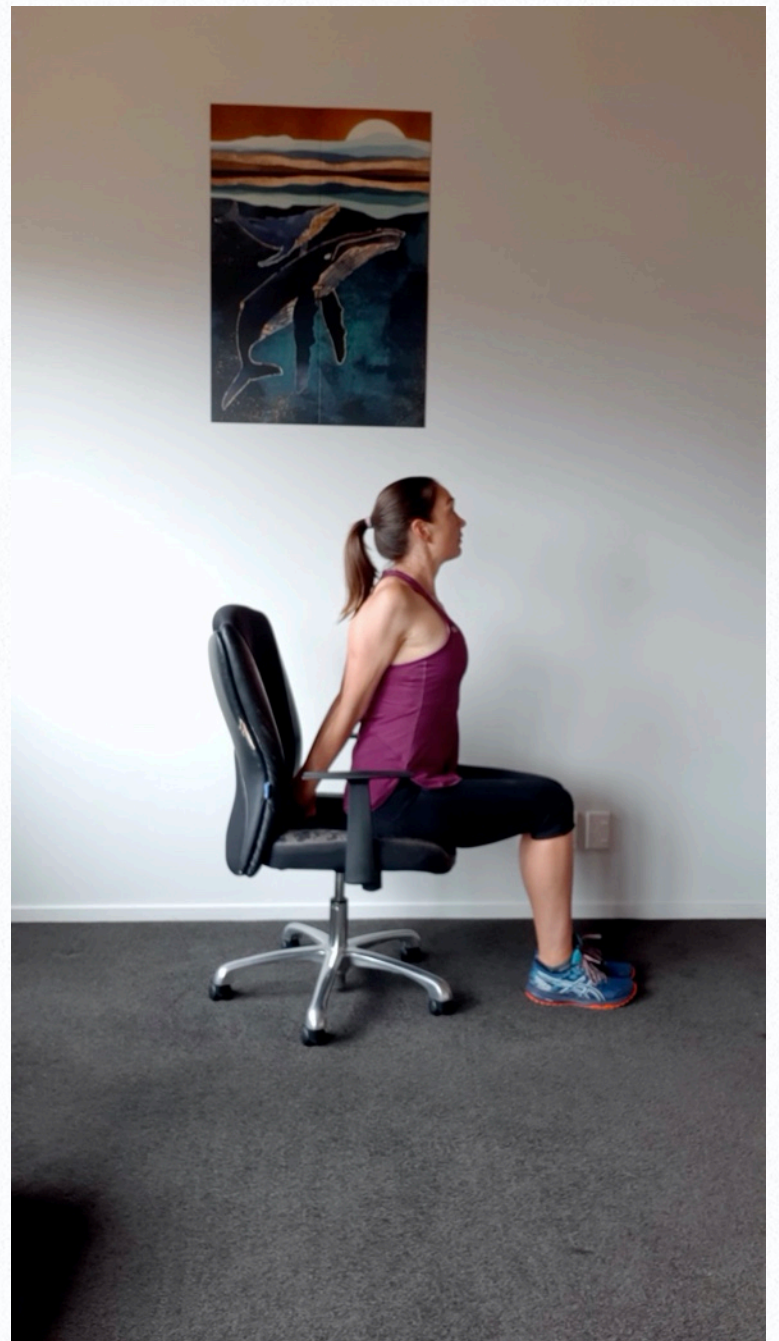
Stretching information and Photos provided by Prue McCaughan, PM Nutrition

Workplace Wellbeing solutions

The following stretches are designed for office workers to stretch all the muscles that tighten up when you work at your desk for long periods of time. Ideally these would be done 2-3 times a day as a quick 5-minute circuit along with a short walk to get a drink of water or go to the bathroom. Moving every few hours is great for our bodies and our mental health as sitting for a long period of time has been linked to anxiety disorders and depression it is also bad for our posture and can cause pain, stiffness and discomfort throughout the body.

Chest Stretch

- **Benefits:** After sitting at your desk for a few hours it is easy to round through your back and shoulders, this will tighten up your chest muscles and over time cause your shoulders to be permanently rounded. To avoid this, you can open your chest and stretch these muscles.
- **Directions:** Sit forward on your seat, clasp your hands behind your back or to the side of your chair and push your chest forward, make sure you aren't pushing your lower spine forwards also, instead round your lower back so your lower back stays in neutral position. Draw your hands down as you open your chest.
- **Hold;** hold this stretch from 20-30 seconds 2-3 times a day.



Neck Stretch

- **Benefits:** Tight neck or shoulder muscles is common in office workers, especially if you have been through a stressful day/week. Stretching your neck and upper shoulders will not only feel amazing but also help you to feel more awake and reduce postural headaches. There are a few different ways to stretch your neck shown in the photos, feel free to do all stretches, or pick your favourite.
- **Directions:** Your neck is a delicate area so please be GENTLE, only stretch until you feel a gentle release or stretch not pain.
- **Reps;** 3 reps 2-3 times a day.

Side bend neck stretch

simple drop your right ear towards your right shoulder, don't shrug your shoulder, if you want you can use your right hand to gently enhance the stretch and by putting your left arm slightly away from your body this will also deepen the stretch. Repeat on the other side.

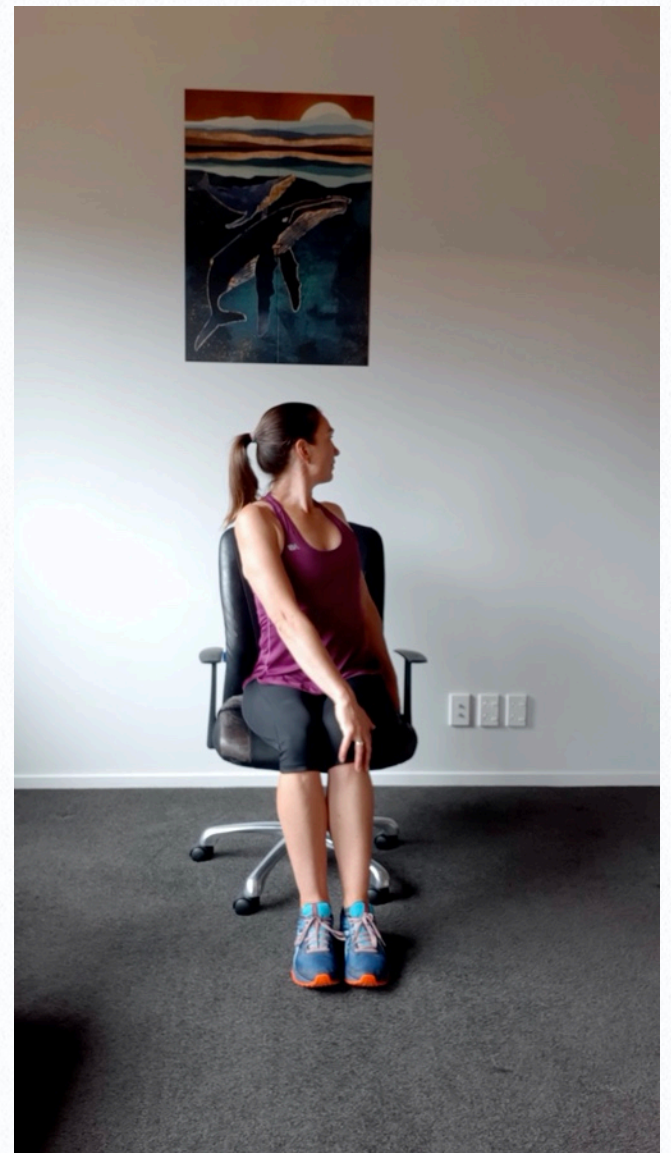
Neck open to close

Start with your hands clasped behind your head with your thumbs going down your neck as shown. Look up and open your elbows as wide as you can, try to only bend from the upper back not the lower back, hold for 2-3 seconds and then slowly bring your elbows together and lower your chin to your chest, you can round your spine if this feels good. Hold this position for 10 seconds, then repeat.



Torso Twist

- **Benefits:** A gentle stretch to release the spine.
- **Directions:** Place both of your feet on the floor a few inches apart, sit up tall, place your left hand on your right thigh and slowly twist towards the right and look over your right shoulder, you can put your right hand on your chair to help you twist. Hold and then repeat on the other side.
- **Hold;** 20-30 seconds on each side 2-3 times a day.



Seated Figure 4

- **Benefits:** When we sit for an extended amount of time our glutes (bottom) muscles tighten up, over time this can cause tightness and pain in the lower back. The figure 4 stretch is a great way to release tight gluteus muscles.
- **Directions:** Cross your left foot over your right knee, sit up tall and gently push your left knee down, to increase the stretch you can gently lean forwards moving from your hips, not your lower back. Repeat on the other side.
- **Hold;** Hold for 20-30 seconds on each side, 2-3 times a day.

Hamstring Stretch

Often when we sit for extended periods of time, our hamstring muscles can feel really tight. Tight hamstring muscles can lead to lower back pain and tightness so it is important to stretch and strengthen these muscles, the following stretch feels amazing but it is also important to strengthen hamstring muscles because when you sit and stretch all day you are lengthening the muscle but not strengthening the muscle.

- **Directions:** Sit forward so you are on the edge of your chair, straighten your legs out in front of you and point your toes towards the ceiling. Bend forward from your hips, not your lower back and try to reach your knees, calves or feet with your hands. Breathe deeply and as you exhale try to bend a little more.
- **Hold:** Hold this stretch for 20-30 seconds 2-3 times a day.



Looking for more workplace wellness solutions?

Talk to us now about our range of office healthcare and staff support options and their benefits for your team

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