

# Daily health moves

## seated workstations



### Slow Neck Stretch

Place your right hand on your left shoulder and your left arm behind your back. Gently hold the shoulder down while bending your head towards the right shoulder. Hold for a few seconds, breathing gently. Repeat with the left hand on the right shoulder.



### Forearm Extensor Stretch

Keeping your right hand relaxed and your elbow straight, bend the wrist of your right hand using your left hand – so that you feel a stretch in your right forearm. Change arms and repeat with your left hand.



### Shoulder Rotation

Standing relaxed, feet slightly apart, place right hand on right shoulder. Gently draw a large circle backwards with your right elbow. Repeat with your left shoulder/elbow.



### Chin Tuck

Look straight ahead. Pull your chin in so that you make a double chin. Do not drop your head forward. Hold. Repeat.



### Forearm Flexor Stretch

Hold right arm out at shoulder height, palm out. With left arm, pull gently on fingers of right hand, keeping the right elbow straight. Pull back gently on fingers. Hold for a few seconds. Repeat with the left arm.



### Easy Eyes & Hand Shake

Relax in a standing or sitting position, feet slightly apart. Shake both hands in front of you. Look long. Look short. Repeat.



### Shoulder Stretch

Keeping your right arm straight and shoulder relaxed, pull your arm across your body at shoulder height and hold for a few seconds. Repeat on the other side.



### Posture Stretch

Stand up straight with feet apart. Unlock your knees. Tuck-in your chin and place your hands just below the hollow of your back. Push your back to arch over your hands, then straighten up - do not hold the position. Repeat gently 5 times.

Exercise should only be undertaken after instruction in correct technique. If in pain, stop immediately and seek professional help.