

Stretches

For The Active Workplace

If you have any muscle or joint problems, consult your healthcare professional before starting a stretching or physical activity program.

All standing stretches should be performed with a slight knee bend and your knees should never move forward past your toes.

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 your chest.

THIGH



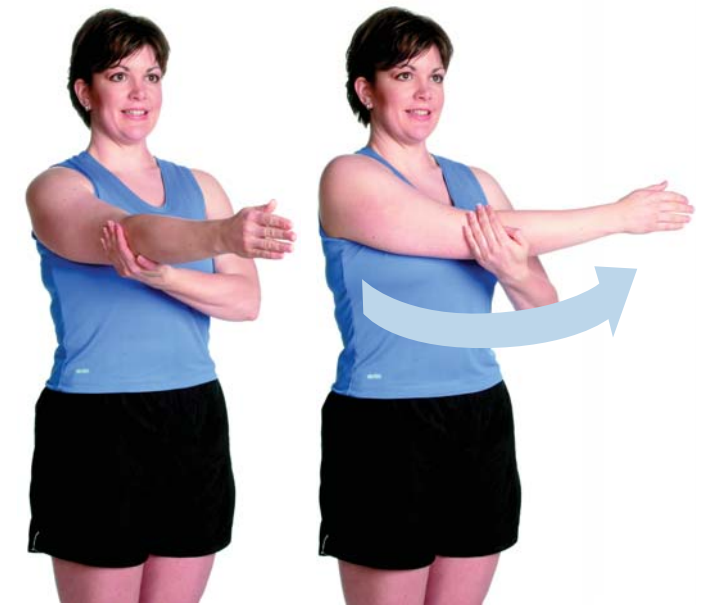
Using a wall to balance, raise your left heel towards your buttocks, use your left hand to hold your left ankle. Keeping your left knee pointing down, squeeze your buttocks to feel the stretch in the front of your thigh. Switch legs and repeat.

LOWER BACK



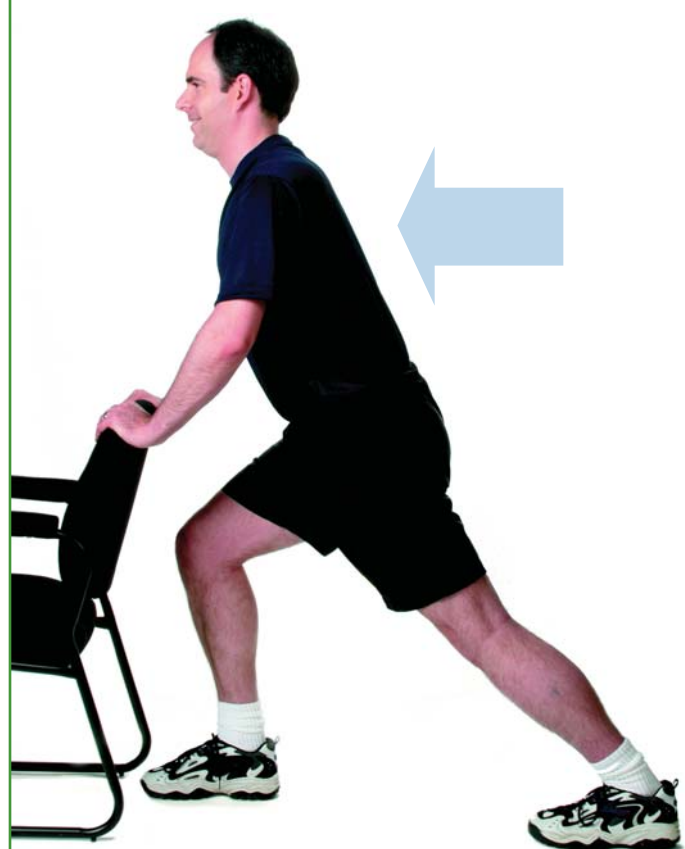
Standing with feet shoulder width apart, knees bent, bend forward at the waist and place your hands on your inner thighs. Next, bring your chin to your chest while you draw your tailbone down towards the floor and curl your spine towards the ceiling.

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



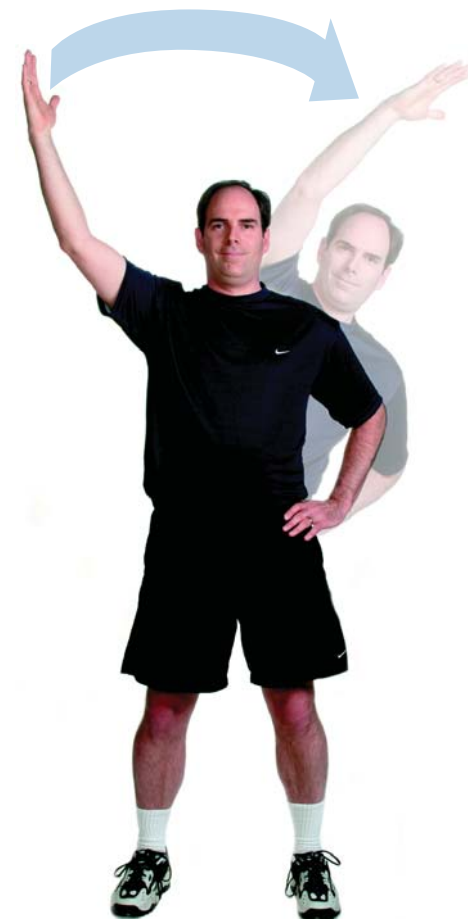
Standing in a lunge position, lean forward until you feel a gentle stretch in the back of your calf. Switch legs and repeat.

HIP



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

SIDE STRETCH



Sitting or standing tall, place your left hand on your left hip, reach your right arm over your head and lean to the left. Keep both shoulders relaxed. Switch arms 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. Switch legs and repeat.

Benefits of Daily Stretching

- Relieves muscles tension, aches and pain
- Helps prevent injury and makes everyday activities easier
- Helps to maintain and increase range of motion
- Improves posture and muscle imbalances

Steps to Safe Stretching

- Stretch muscles to a point where you feel a mild pull, not pain.
- Slowly move into and out of the stretching position; do not bounce or jerk.
- Maintain a regular breathing pattern through out the stretch; never hold your breath.
- Hold each stretch for 15-30 seconds and try to perform each stretch 3 times a day.
- Stretches are best performed after a 5-10 minute warm-up, such as a walk.

Be active, eat well and feel good about yourself.



For more information please call
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Health Department
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