

# **Just Move!**

## **Stretching in the Workplace**

### **Introduction & Background**

### **Discussion**

- **Why bother incorporating stretching at work? You're already busy enough as it is!**
- **You and your employees are workplace ATHLETES. We must be mentally and physically prepared for our workday.....to be the very best employee we can be.**
- **Benefits of workplace stretching:**

**#1 – Increased energy! Who doesn't want that?**

**#2 – Increased blood flow to your muscles - we feel "looser"... with less stiffness and tightness**

**#3 – Increased blood flow to your brain = You become sharper, more creative, with better focus and more concentration.**

**#4 – Increased fluid to your joints, bones, and muscles, which makes you feel more limber and loose.**

**#5 – Reduced fatigue.....think 3pm slump.....gone!**

**#6 – Improved balance, stability, and posture – don't we all need better posture?**

**#7 – Injury prevention and higher productivity – a stretched and loose employee is a safer employee**

- **Obstacles to adding stretching to your workplace, and how to overcome these obstacles**
- **Set GOALS to stretch daily. For example, “Today I will do 3 stretches every 30 minutes. I will set my cell phone to remind me to get up and move every half hour.”**

### **Workplace Stretching Exercises:**

#### **1. In your chair – no equipment needed:**

**Neck rolls, chin to chest, look left/right, shoulder shrugs, hands over head push up, arm push out front, arm circles, single leg knee lift, knee hugs, side twists, toe touches with elbow lift, leg extensions, triceps arm cross & lift, cross leg on knee with turn**

#### **2. Standing up – no equipment needed:**

**Head to toe stretch.....neck rolls, shoulder rolls, side twists, shoulder/arm press, arm circles, arm punches, ab forward leans, ab crunches, windmills, high knee steps, squats, calf raises, foot circles**

#### **3. Stretch/Flexibility Band – keep it in your drawer:**

**Overhead wide stretch out, overhead side lean, our front side pull, behind the back angle pull, under-foot arm raise**

#### **4. Stretch Cord – keep it in your drawer:**

**Bicep Curls, squats with high pull, tricep lifts**

#### **5. Medicine Ball – keep it under your desk:**

**Side rotations, woodchops, basketball shots, up & out front**