



Shine

SUPPORTING HEALTH IN EVERYONE
AN HHS PROGRAM

Performing these simple stretches everyday will help keep you moving and stretch out your muscles to avoid aches and pains at work.

Back Bend

Back and Chest Stretch

Place your hands in the small of your back and slowly bend backwards until you feel a gentle stretch in your trunk. Remember that stretching should not cause any pain.

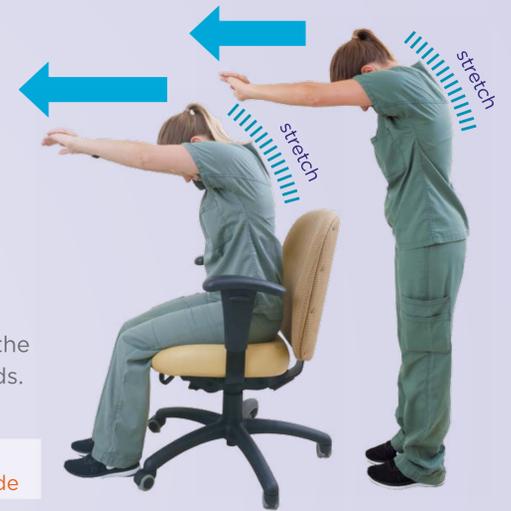


Hold for a few seconds Repeat as desired

The Olympic Diver

Upper Back Stretch

Seated or standing, stretch your arms straight out and lace your fingers together. Contract your abs and round your back, reaching away as you relax the head. Hold the stretch for 10-30 seconds.



Hold for 10-30 seconds Repeat on opposite side

Get Back!

Chest and Anterior Shoulder Stretch

Begin standing tall with your hand against a wall. Gently turn your body away from the wall until you feel a mild to moderate stretch across your chest and front of your shoulder without pain.



Hold for 15-30 seconds Repeat on opposite side

No Butts About It!

Hip/Buttocks stretch

While seated with both legs planted, raise one leg and rest foot on the opposite knee. Push your knee down gently and lean forward until you the stretch is felt.



Hold for 30 seconds Repeat on opposite side

The Lunge

Ankle and Calf Stretch

Keep your right leg forward, foot flat on the floor, and extend your left leg straight back, placing your heel flat on the floor. Don't bend your back knee. Lean forward until you feel the stretch in the calf of the straight leg.



Hold for 30 seconds Repeat on opposite side

Up and Over

Side Stretch

Sit up tall, interlace your fingers, and stretch your arms in front of you. Take a deep breath in as you raise your arms up towards the sky. Lift through your waist and exhale as you gently bend to one side. Take three deep breaths. Repeat on the other side.



Hold for 3 deep breaths Repeat on opposite side

The Head Tilt

Neck Stretch

Slowly tilt head to side and hold for 5-10 seconds. Alternate sides and repeat several times.



Hold for 15-30 seconds Repeat on opposite side

Ballet Toes

Downward ankle stretch

Hold both feet off the floor with your legs straight. Flex your ankles (point your toes up) and extend (point your toes down).



Hold for a few seconds Repeat as desired

STRETCH SAFELY:

Use slow, steady movements and avoid "bouncing". If you feel any pain when doing these stretches, STOP immediately. If you have any existing injuries or you are not sure these stretches are right for you, please seek the advice of your health care provider.