

Information

February 2017

Workplace Workout

*Increasing flexibility
and decreasing
physical stress*

Occupational Health and
Safety Service
HSD155M

Before you stretch

You should be in good health to conduct these simple stretches. If you are in any doubt seek further advice before stretching.

1. Interlace your fingers (if you cannot interlace your fingers place one hand over the clenched fist of the other hand) then straighten your arms out in front of you with your palms outfacing feel the stretch in the arms and through the shoulder blades.



2. Interlace your fingers then turn palms upward above your head as you straighten your arms. Elongate your arms and feel a stretch through your arms and upper sides of your ribcage.

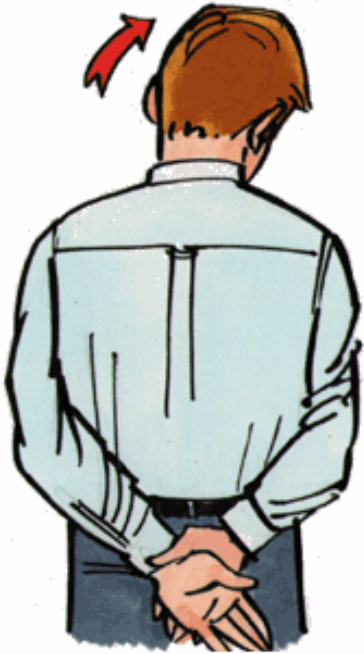


3. Bend your arm so that your elbow is in line with your head, place your hand on the opposite shoulder blade. Place your other hand behind your head and rest on the elbow. Pull your shoulder blades inwards and feel the stretch in your upper arms.



4. Bend your arm at the elbow in front of your body and rest the hand on your shoulder. Place your other hand on your elbow and push your arm towards the body, until you feel the stretch. Repeat with the other arm.





5. Place your arms behind your back and gently move your head to the right, hold for a few seconds, then repeat to the left.

The pace of modern life can leave us all a little weary at times. There never seem to be enough hours in the day. It is important we find a little time for ourselves and take some exercise to improve our health.

The benefits of stretching

Stretching is a low impact method of exercise designed to increase flexibility and decrease the risk of physical stress. You do not have to be an athlete to enjoy the benefits - it simply makes you feel better.

Note

Hold each stretch for at least 5 seconds and repeat 5 times building up to holding for 30 seconds. Achieve each position slowly, gently avoiding jerky movements. In each position you should feel a light but comfortable stretching sensation. If you feel in pain you have gone beyond your limit — ease off.

Whatever you do 'stay active': walk, take the stairs, cycle or swim.

For further advice and information please contact:

University's Occupational Health Service
01223 336594

University's Safety Office
01223 333301

6. A lot of tension builds up in your face from eyestrain due to staring at a computer screen. This exercise may cause people around you to think you are weird but it is well worth trying. Raise your eyebrows as wide as possible at the same time open your mouth and stick your tongue out.



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