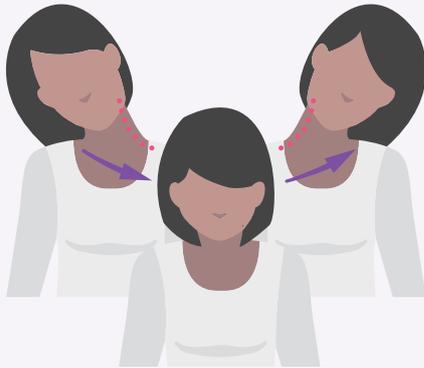


Workplace workouts

Here is a series of nine easy stretches and exercises to keep stiffness and soreness at bay during your working day. Choose a few to do a few times each day. The dots show the muscles that you are stretching. But be gentle – don't force any action, and stop if you feel any discomfort.

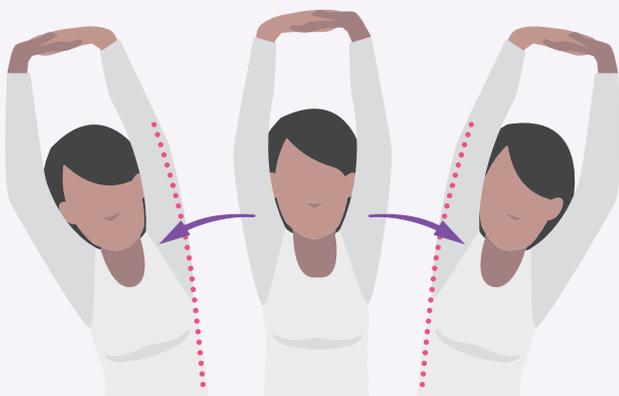
Neck side-stretches

Gently lower right ear to right shoulder. Hold 10 seconds. Slowly roll chin down and up to left shoulder. Hold 10 seconds. Repeat a few times.



Upper and lower back stretches

Interlace fingers, turn palms upward above head. Straighten arms and gently lean from side to side. Repeat several times.



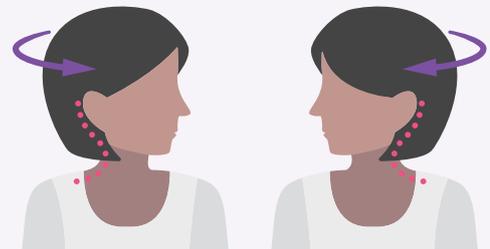
Upper arm stretch

Stretch arm above your head. Hold elbow with opposite hand, gently pull down behind head, hold for 10 seconds. Repeat several times on each side.



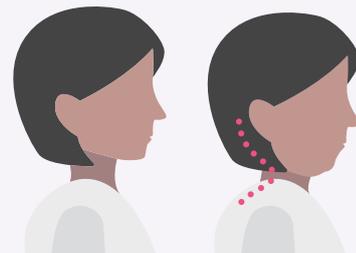
Head turns

Slowly turn head to look over left shoulder. Hold for 10 seconds. Now repeat on right side. Repeat several times.



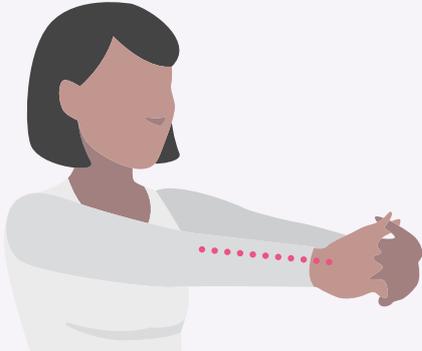
Chin tucks

Raise head and straighten neck. Tuck chin in and upwards to create a double chin. Don't tilt head up or down. Hold for 10 seconds. Repeat several times.



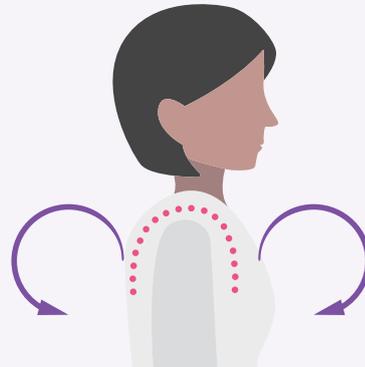
Wrist stretches

Interlace fingers, then push palms outward with straight arms. Hold for 10 seconds. Repeat several times.



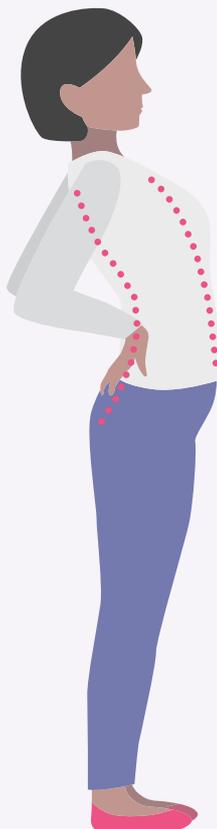
Shoulder rolls

Circle shoulders forward several times, then backward. Repeat 3 to 5 times.



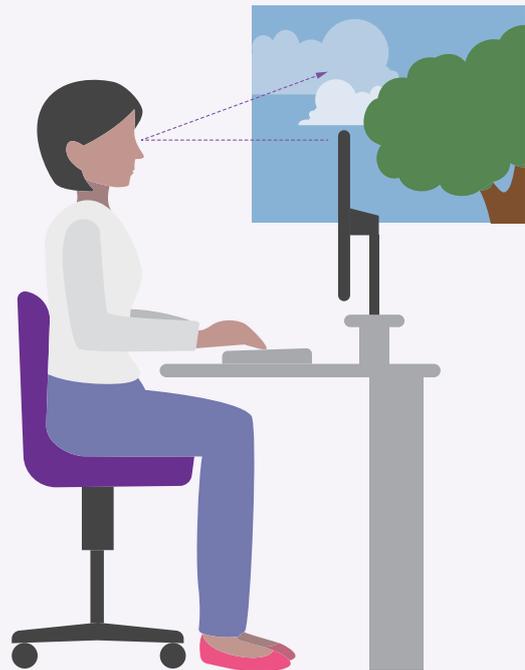
Back arches

Stand up. Support lower back with hands and gently arch yourself back. Hold for 5 to 10 seconds. Repeat as needed.



Eye rests

Look up and away from your screen. Focus on an object more than 3 metres away for a few seconds. Look back at your screen and refocus.



For more information, go to jeanhailes.org.au/health-a-z/healthy-living

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This fact sheet is designed to be informative and educational. It is not intended to provide specific medical advice or replace advice from your medical practitioner.

Jean Hailes for Women's Health gratefully acknowledges the support of the Australian Government.

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Jean Hailes for Women's Health takes a broad and inclusive approach to the topic of women's health. This fact sheet generally uses the terms 'women' and 'girls'. These terms are intended to include women with diverse sexualities, intersex women, and women with a transgender experience.

Jean Hailes
FOR WOMEN'S HEALTH

1800 JEAN HAILES (532 642)
jeanhailes.org.au