

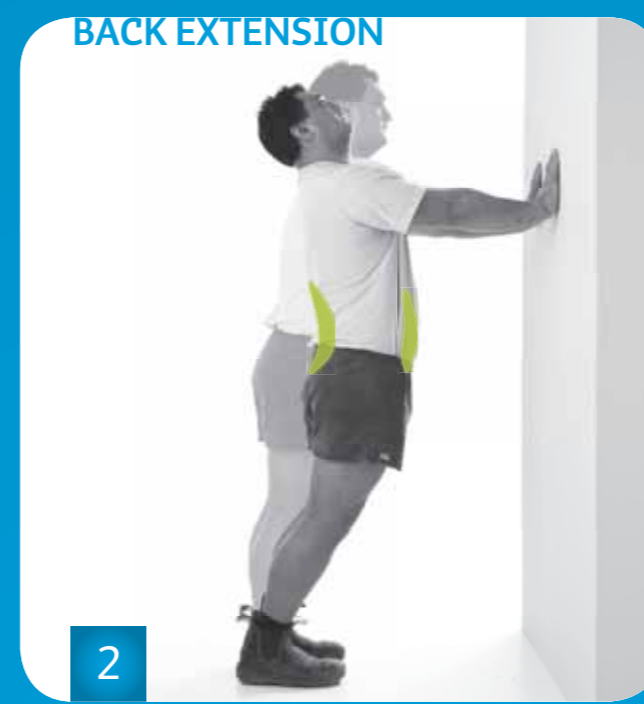
# Stretches for manual workers

- Your body is designed to move. Holding static postures can lead to unnecessary build up of tension.
- At least hourly (every 15 minutes is ideal): STOP, DROP and SHAKE.** Relax your neck and shoulders; drop your arms to restore normal circulation.
- Before you start your shift follow the stretches, then regularly stop and stretch throughout your day.
- Stretches should be performed on both sides.
- Take a movement to the point of stretch and hold for 10-15 seconds.
- The green glow on the photos gives an indication of where you should feel each exercise, however this will vary from person to person.
- Should you feel pain or unexpected tension do not continue that stretch. Consult your health professional.

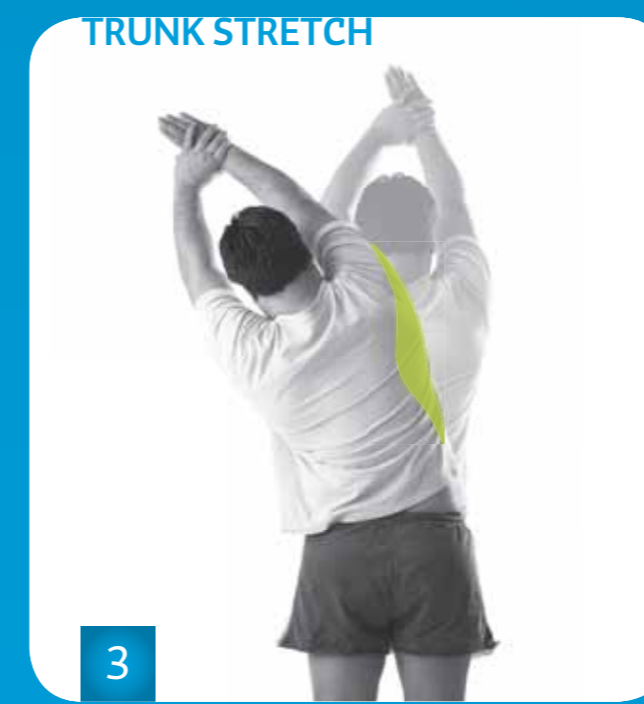
For more information visit [www.habitatwork.co.nz](http://www.habitatwork.co.nz)



- 1**
- Stand tall on one leg.
  - Pull opposite knee up towards chest keeping an upright position.



- 2**
- Stand with feet hip-width apart, leaning on a stable surface.
  - Curve backwards to stretch back into extension.



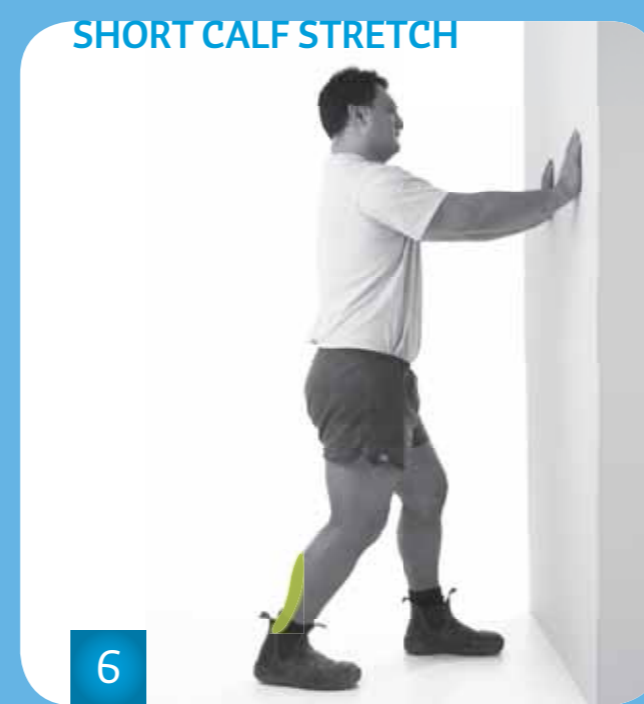
- 3**
- Stand with feet hip-width apart.
  - Reach up, clasp wrist.
  - Breathe in, as you breathe out lean sideways towards the bent arm.



- 4**
- Using support, stand on one leg.
  - Keep knees side-by-side, bring heel towards your buttock.
  - Try to keep your back straight.



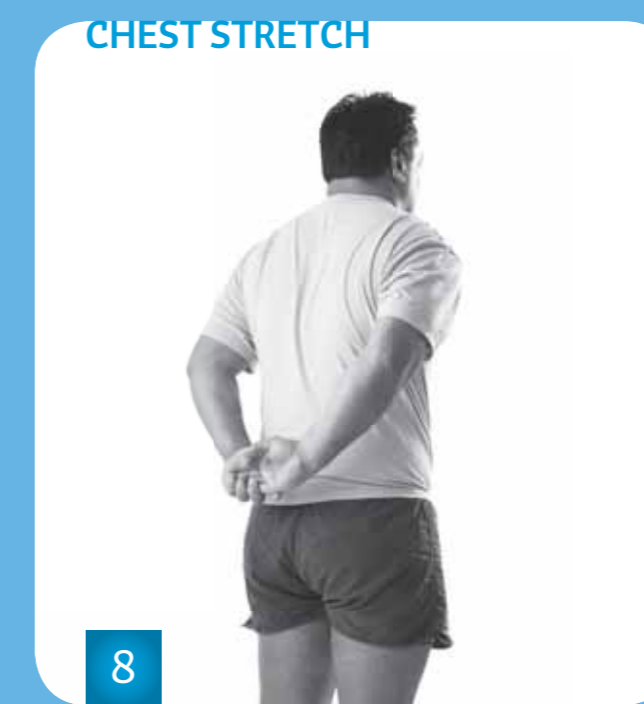
- 5**
- Lean into a wall with one foot in front of the other (shoulder width apart).
  - Lean onto front leg, heels on the ground, back knee straight.



- 6**
- Lean into a wall with one foot in front of the other (toes forwards).
  - Lean onto front leg, heels on the ground, bend back knee.



- 7**
- Stand with one heel on a stable surface, knees slightly bent.
  - Bend forwards gently.
  - Keep head up and bottom out/back.



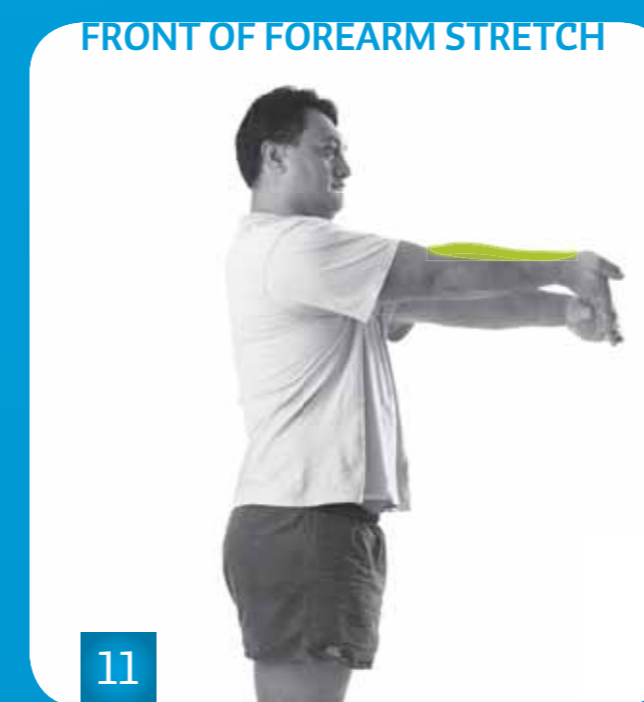
- 8**
- Interlink hands behind back.
  - Draw shoulder blades down and back.
  - Lift hands away from the body to stretch the chest.



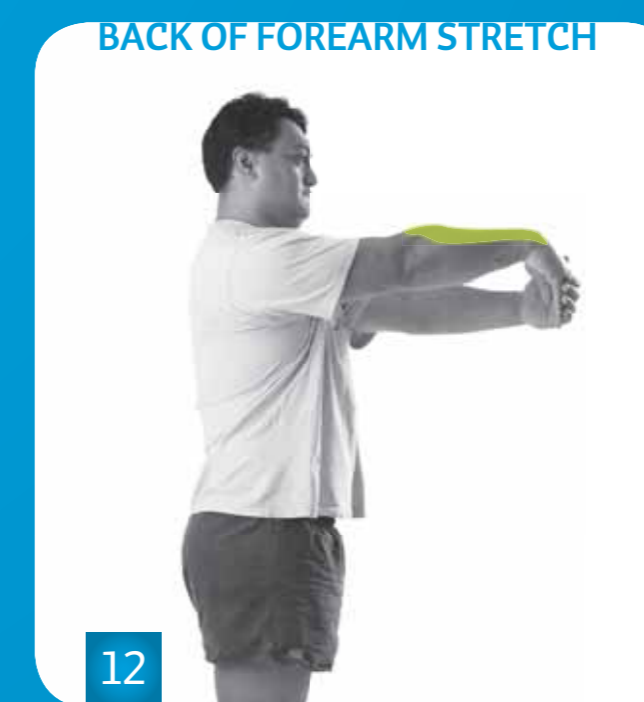
- 9**
- Sit tall, reach for the ceiling.
  - Take one hand down back, with the palm flat.
  - Use other hand to gently pull elbow in to increase the stretch.



- 10**
- Stand with feet hip-width apart, shoulders relaxed.
  - Bend knees, head up, bottom out.
  - Aim to keep knees over your toes.
  - Hold 3-5 seconds, repeat 10 times.



- 11**
- Relax shoulders, elbow bent, bend wrist, keep palm facing up.
  - Hold hand and gently straighten elbow stretching fingers back and down.



- 12**
- Relax shoulders, elbow bent, bend wrist with palm facing down.
  - Hold hand and gently straighten elbow, stretching fingers back and down.

