

## Office Exercises and Stretches

The Canadian Society of Exercise Physiology recommends 150 minutes of any physical activity per week at moderate to vigorous intensity. However, there are benefits even if minimum recommendations cannot be met. Offset the effects of sedentary work by adding movement breaks throughout your day every 30 minutes. If you have any concerns or pain with any of the exercises please see a healthcare provider before proceeding.

Stretching should be performed slow, controlled and only till mild tension. Hold stretches for 15-30 seconds. Stretches can be performed frequently throughout the day.

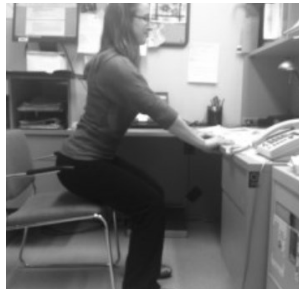


**Position:** lean against desk/wall/floor on an angle in the pushup position, maintain correct posture

**Action:** hold this position for 10-30 seconds

Repetitions: repeat up to 3 times

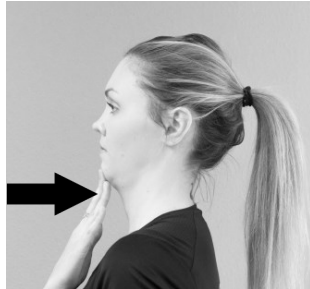
Added Difficulty: steeper angle, do pushups while holding this position



**Position:** stand between desk and chair, keep feet shoulder-width distance or wider, knees shouldn't pass toes but remain positioned over ankles when sitting and standing, keep back straight

**Action:** tighten abs, hold onto front desk then lower down slowly until almost sitting on back chair, pause, stand back up keeping weight in heels

Added Difficulty: don't hold onto front desk



**Position:** sit or stand upright with good posture. Place the finger tips of one hand on your chin

**Action:** Gently press the chin so that it moves toward the neck (i.e. tucking chin in). Make sure to keep your eyes looking forward.

Hold this position for 5-10 seconds.

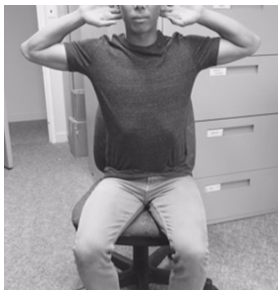
Repeat 3-5 times and throughout the day.



**Position:** sit on edge of chair with hands on thighs, maintain correct posture

**Action:** lean back at 45-degree angle, pause, then sit back up without using hands

Added Difficulty: slowly raise one thigh off the chair while leaning back, put thigh back down, sit up, repeat, alternate legs each time



**Position:** place hands on back of head with elbows out to the side

**Action:** pull elbows back and shoulder blades together

If unable to place hands behind the head, lower hands by side so that palms are facing forward then squeeze shoulder blades together.



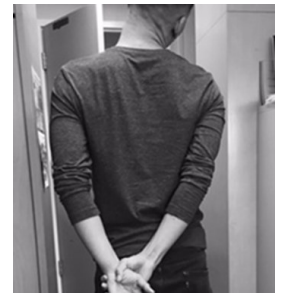
**Position:** with one foot take a step back as far as you can. Place a hand on a desk or wall for stability  
**Action:** lower hips toward floor

**Position:** sitting at edge of chair with good posture. Place heel on ground. Place chair against stable wall/desk/cabinet to prevent chair from rolling away  
**Action:** lean forward. If pain at the back of the knee, modify by bending the knee slightly



**Position:** sitting at edge of chair with good posture. Place ankle on opposite knee. Place chair against stable wall/desk/cabinet to prevent chair from rolling away  
**Action:** lean forward

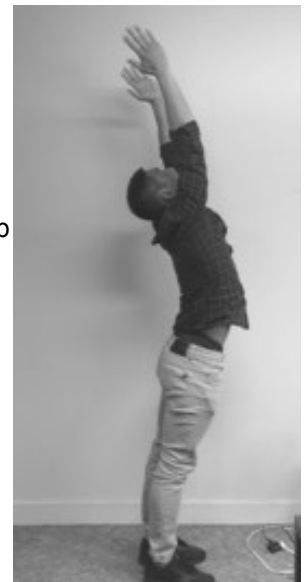
**Position:** hold left hand behind back with right hand  
**Action:** move right ear to right shoulder. Repeat on other side



**Position:** place fingers on collar bone (slightly to one side)  
**Action:** look up and away and in opposite direction of fingers. Repeat on other side

**Position:** place fingers on collar bone (middle)  
**Action:** look up

**Position** stand with hands by side  
**Action:** reach up and back with hands while looking up



*Additional hand wrist stretches*

