

HUMBOLDT STATE UNIVERSITY

Stretches & Exercises for the Office

Safety Week 2017

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The more you move throughout the day, the happier your body will be. Take a quick break to move your body in the opposite direction than it has been while sitting. If any of these exercises bother you, please seek medical attention.



Sit tall as if you have a crown on your head.

Squeeze your shoulder blades back and down – “put your shoulder blades in your back pockets”



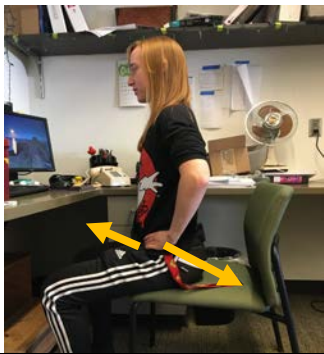
Flex and extend your wrists & elbows throughout the day



Reach your arms back to stretch your chest – move your wrists for an added stretch.



Reach your arms up to stretch your shoulders and take a deep breath in. You could do one arm at a time to stretch your back & rib muscles



Tilt your pelvis forward and backward while sitting



Move your ankles & toes around while sitting – try to write the alphabet with your feet



Put your heel up on a step and lean forward to stretch the back of your leg



Stand up and stretch your quadriceps and hip flexors. Keep your knees close together. Hold on if you need to



Work on your posture: stand with your back against the wall



Kick your leg back or to the side to stretch your hips if you've been sitting for a while



Try doing 10 kicks both directions with both legs

