

## 1 Minute Body Check

During the working day, it is important to change position and move your joints **every 30 minutes**. This could be as easy as simply standing up or walking to your next task. Take a minute to think about how your body is feeling. Are there any areas of tension or pain? Try gently moving these areas to see if changing position can help improve or prevent these symptoms from being so noticeable.

The exercises below are designed to help keep you comfortable at work and should be performed in combination with a healthy and active lifestyle.

### Neck & Shoulders

In a good sitting posture:

1. Move your head from side to side, and then turn to look left and right.
2. Roll your shoulders forwards 3 times, then backwards 3 times.



### Upper Back

In a good sitting posture:

1. Put your hands behind your head and pull your elbows back. Hold the stretch for 10 seconds.
2. Cross your arms in front of your chest then turn your body from side to side. Hold the stretch for 10 seconds.



### Hands & Arms

In a good sitting or standing posture:

1. Make a fist with both hands then stretch your fingers out 3 times.
2. Bend your wrists up and down 3 times.
3. Bend and straighten your elbows 3 times.



### Lower back

In a good sitting posture:

1. Gently slouch so that your back becomes rounded then sit up tall so your back arches. Repeat 3 times.

In a good standing posture:

2. With your hands on your hips, gently bend backwards. Hold the stretch for 10 seconds.



Review Date: January 2027

