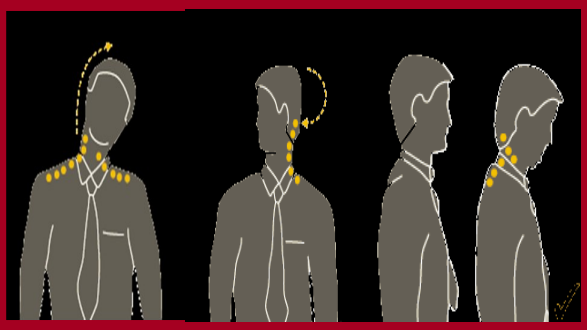
# Exercises for Office Workers

Workers today are 13% more **obese** than they were in the '60s. 1/3 of US adults are **obese**.

## STOP, GET UP, & MOVE

**Stretching every 20-30 minutes can help burn up to 100 calories/day** and greatly reduce the risk of developing musculoskeletal injuries.



### Neck

**Neck Stretch**—keeping your chin tucked in, bring your ear to your shoulder & hold for 10 seconds on each side

**Head Turns**—keep your back straight & your head up; turn to look over both shoulders; repeat several times

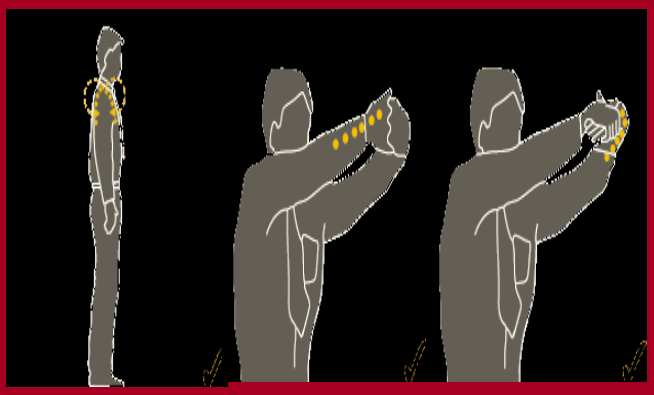
**Chin Tucks**—Raise your head & straighten your neck, then tuck your chin in and upwards

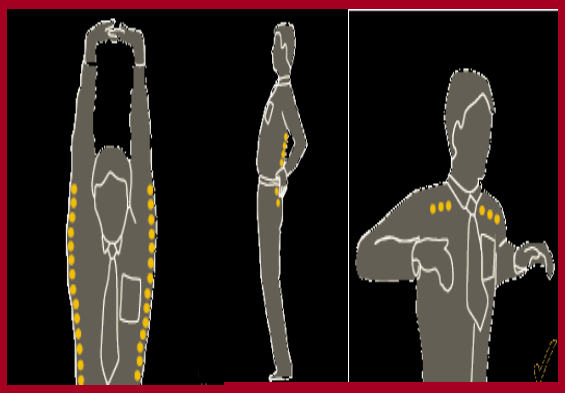
### Shoulder, Wrists, & Arms

**Shoulder Rolls**—circle shoulders forward several times then backwards several times

**Wrist & Elbow Stretch**—with elbows bent, interlace your fingers with palms outward; straighten your arms in front of you, hold 10 seconds

**Wrist Stretch**—straighten your arm & bend your wrist forward, assisting the stretch with your other hand, hold for 10 seconds





### Upper & Lower Back

**Upper & Lower Back Stretch**—interlace fingers & turn palms upward above your head; straighten arms & lean from side to side

**Back Arching**—stand up, support your low back with your hands, arch backwards; hold 10 seconds

**Pec Stretch**—raise arms to shoulder height & pull both elbows back

Walking around the office every hour has been shown to **increase overall productivity up to 25%.**

WORKERS' COMPENSATION MANAGEMENT BUREAU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