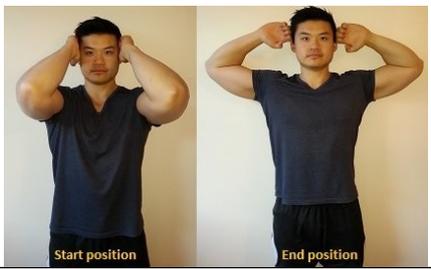


Workstation exercises

Duration: 3 minutes

Frequency: Hourly

Exercise	Instruction	Frequency
<p>1. Elongate your neck</p> 	<ul style="list-style-type: none"> - Lengthen your head towards the sky. - Tuck your chin in. - Aim to feel a stretch at the back of your neck. 	<p>Lift and hold for 5 seconds</p> <p>Repeat 10 times</p>
<p>2. Neck stretch</p> 	<ul style="list-style-type: none"> - Tilt your head to the side. - Pull the head down. - Aim to feel a stretch on the side of the neck. 	<p>Hold for 30 seconds</p>
<p>3. Shoulder retraction</p> 	<ul style="list-style-type: none"> - Place both hands (with elbows forward) on the sides of your head. - Bring your elbows all the back. - Squeeze and hold your shoulder blades together. 	<p>Hold for 5 seconds</p> <p>Repeat 10 times</p>
<p>4. Twists</p> 	<ul style="list-style-type: none"> - Whilst sitting, grab the back of your chair. - Twist your head and body as far as you can (as if you are trying to look behind you). 	<p>Hold for 2-5 seconds</p> <p>Repeat 3 times on each side</p>
<p>5. Pelvic tilts</p> 	<ul style="list-style-type: none"> - Whilst keeping an upright posture, slowly rock your pelvis forward and backwards. 	<p>10 repetitions</p>

In addition to these exercises, **get up and move** as much as you can!