



# Daily Worksite Warm-Up & Stretch

Ten minutes every day to boost your safety and comfort



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# Why Stretch?

- For relief from the physical strain of staying in one position a lot (whether sitting or standing)
- To be able to perform everyday tasks more easily
- For the reduced stress that comes from taking short mental and physical breaks
- To become less prone to injury at work and home
- To gradually decrease joint pain and stiffness
- To improve your range of motion, posture, and reaction time
- To be more alert and have more energy throughout the day
- So your muscles won't be so easily fatigued
- To improve your balance and muscle coordination
- To become more aware of your body
- Because it feels really good!

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# Stretching Guidelines

- Move around to warm up your muscles a bit before you stretch them.
- Always start with your body in a neutral position: feet shoulder width apart and knees slightly bent.
- Relax and breathe slowly during every stretch.
- Stretch only as much as feels right for your body each day, which will change from day to day. Never try to compete with other people!
- Stretch slowly to the point of comfortable tension, then relax and hold the stretch for 5-10 seconds.
- Avoid straining or bouncing. Release the stretch a bit if your muscles feel shaky.
- Stretching should never be painful. If a stretch is painful in the joints, stop and make sure your technique is correct.
- Stretch often: before each shift, between activities, and after prolonged periods of sitting or standing.

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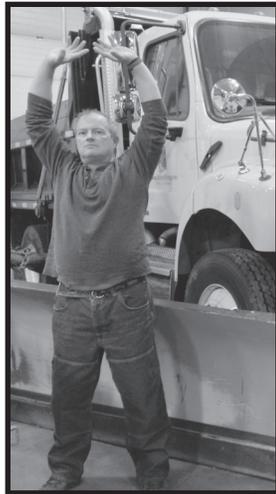
2

## — Warm Ups —

### W1: Cleansing Breath

*Get the oxygen flowing — and wake up!*

- Stand with your feet slightly apart.
- Take a deep breath.
  - » Inhale through your nose, allowing your abdomen and chest to expand.
  - » Exhale through your mouth, making an “ahh-hhh” sound.
- Repeat three times.
- Try extending your arms out to each side or over your head while doing this.



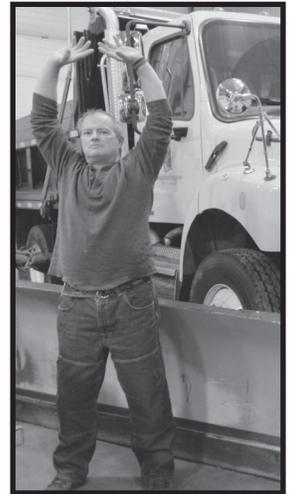
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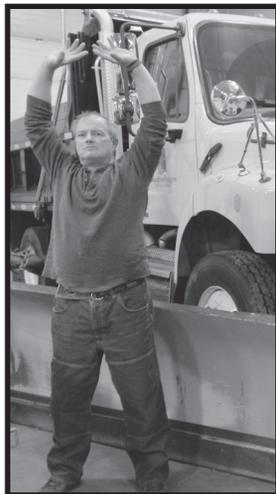
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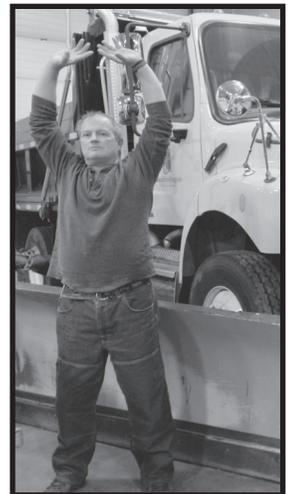
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# — Warm Ups —

## W2: Shoulder Circles

*Warm up and start to release the tension in your shoulders, neck, and upper back*

- Stand with feet slightly apart.
- With your arms limp at your sides, gently and slowly roll your shoulders up, backward, down, and forward. Repeat at least four times.
- Lift one elbow and roll it backward in small circles. Lift the other elbow and roll it backwards in small circles.



**Note:** Except during shoulder rolls, keep your shoulders back and low so they aren't hunched up near your ears or slumped forward. Learn how to relax your head, neck, and shoulder muscles so that *even when your arms are raised* you can let your shoulders drop back and down.

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## — Warm Ups —

### W3: Hip Circles

*Loosen your lower body*

- Stand with your feet slightly apart and your hands on your hips.
- Gently and slowly move your hips in a small circle (forward, right, back, left).
- Remember to breathe!
- Increase the size of the circles as much as you are comfortable with.
- Switch the direction of your circles and repeat.



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## — Stretches —

### S1: Chest and Arms

*Stretch your chest, shoulders, arms, and hands*



- Take a deep breath in. As you exhale, press your hands together hard in a prayer-type position.
- Take another breath in. As you exhale, open your arms wide and feel the stretch through your chest, shoulders, arms, hands, and fingers.
- Hold this stretch for 5-10 seconds, breathing deeply. Turn your hands and wiggle your fingers a bit.

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# — Stretches —

## S2: Side Stretch

*Stretch your hips and sides*



- Stand with your feet slightly more than shoulder width apart.
- Reach one arm toward the ceiling (or sky) until you feel the stretch from your hip all the way up your side.
- Hold the stretch for 5-10 seconds, breathing steadily.
- Repeat on the other side.

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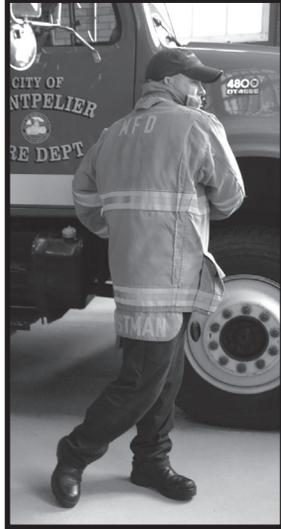
7

## — Stretches —

### S3: Torso Twist

*Improve the range of motion in your spine*

- Stand with your feet spread shoulder width apart.
- Twist toward one side, letting your opposite heel lift off the ground.
- Hold this twist for a few seconds, like a towel being wrung out.
- Remember to breathe!
- Twist to the other side and hold for a few seconds.
- Repeat if it feels good.



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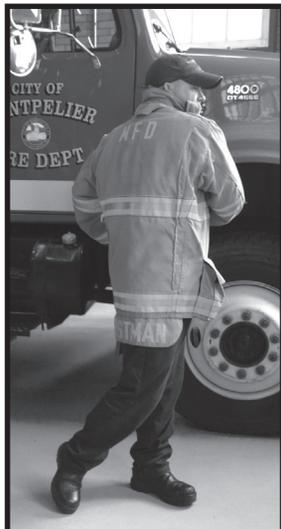
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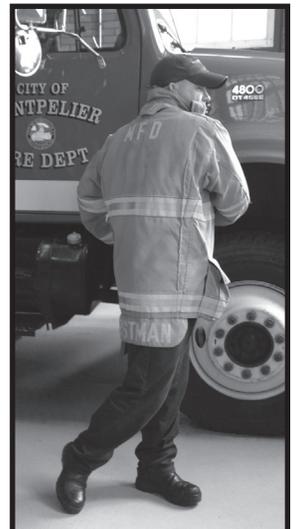
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## — Stretches —

### S4: Lower Back

*Loosen your lower back*

- Stand with your feet shoulder width apart.
- Place your hands on your thighs just above your knees.
- Gently flatten your back (looking forward).
- Then tuck in your chin and curve your back (looking at your feet).
- Remember to breathe. Inhale as you flatten your back and exhale as you curl your back.
- Go at your own pace.
- Repeat three times.



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## — Stretches —

### S5: Hamstring

*Stretch the backs of your legs*



- Put your right leg forward with heel down, toes up, and knee not locked. Rest your hand on your thigh.
- Bend forward at your waist and flatten your back until you feel a gentle stretch along the back of your right leg.
- Take a deep breath and hold. Repeat on the other side.

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## — Stretches —

### S6: Hip

*Improve the range of motion in your hips*

- Hold onto something large to steady yourself.
- Place your right ankle above your left knee.
- “Sit” back slowly until you start to feel the stretch in your right hip.
- Hold the stretch, breathing slowly and deeply, for 5-10 seconds.
- Repeat on the other side.



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## — Stretches —

### S7: Calf

*Stretch your calves and ankles*



- Step back with your right foot and gently press your right heel to the floor.
- Rock up on your right toes then press your heel back flat several times. Then hold your heel back for 5-10 seconds.
- Complete by gently bending your right knee so you feel a slightly deeper stretch in your achilles tendon.
- Remember to breathe.
- Repeat with the other leg.

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## — Stretches —

### S8: Quad

*Stretch your thighs and hip flexors*



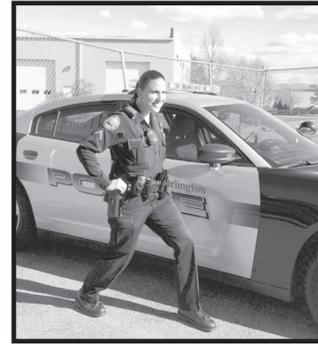
- Hold onto something sturdy beside you and put your left foot about 3 feet in front of your right foot.
- Keeping your left foot flat and your torso straight up, lift your right heel and push your right hip and knee forward to stretch your right hip and thigh.
- Hold for 5-10 seconds, breathing steadily and deeply.
- Repeat on the other side.

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- Hold onto a sturdy object and put your left foot about 3 feet in front of your right foot.
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## — Stretches —

### S9: Inner Thigh

*Stretch your groin to improve your flexibility*



- Hold onto a sturdy object in front of you while you stand with your feet 3-4 feet apart and toes forward.
- Keep your feet flat and bend first one knee, then the other to move from side to side a couple of times.
- Then hold for 5-10 seconds on each side to feel the stretch in your inner thigh. Remember to breathe.

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- Hold onto a sturdy object in front of you while you stand with your feet 3-4 feet apart and toes forward.
- Keep your feet flat and bend first one knee, then the other to move from side to side a couple of times.
- Then hold for 5-10 seconds on each side to feel the stretch in your inner thigh. Remember to breathe.

**14**

## — Stretches —

### S9: Inner Thigh

*Stretch your groin to improve your flexibility*



- Hold onto a sturdy object in front of you while you stand with your feet 3-4 feet apart and toes forward.
- Keep your feet flat and bend first one knee, then the other to move from side to side a couple of times.
- Then hold for 5-10 seconds on each side to feel the stretch in your inner thigh. Remember to breathe.

**14**