

# Week 1: Walk to Wellness

## Daily Office Stretches

### Beginning Position:

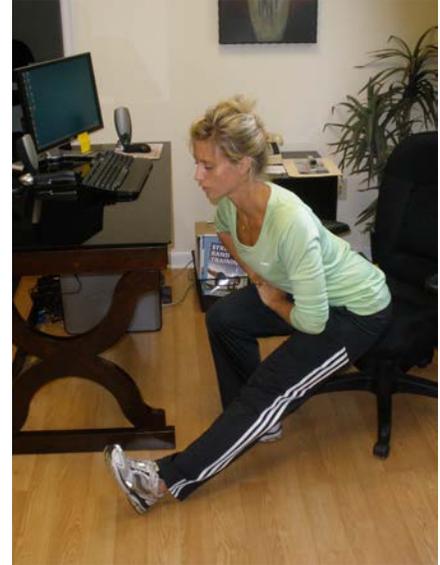
#### 1. PNF Seated Hamstring Stretch



Have your chair sitting against a sturdy object. Sit towards the front edge of your chair with one leg out in front of you and the other leg bent at 90°. Sitting up tall, breathe into the abdominals, and contract your hamstring by pushing your heel into the floor. Hold contraction for 10s, then relax and bend forward, lowering your chest toward your legs. Hold for 30s.

Repeat 1 to 3 times throughout the day.

### End Position:

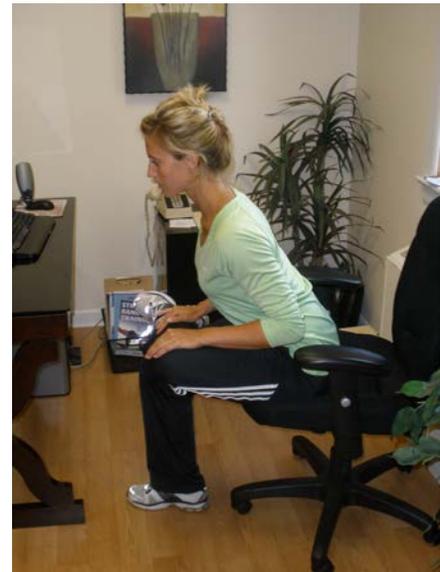


#### 2. Seated Glut Stretch



Place chair against a sturdy object. Sit toward the front edge of your seat with one knee at 90° and your opposite ankle lying across your bent knee. Hold leg parallel to the floor. For a deeper stretch, bend forward from your waist with your back flat. Hold for 30 seconds.

Repeat 1-3 times throughout the day.



### 3. Seated Chest Stretch



Sit upright in your chair. Place fingers beside ears. Inhale. Retract the shoulder blades toward the spine, and push your chest forward, slowly pulling your elbows behind you as you exhale.

Perform 1 time per day.



### 4. Seated Lat Stretch



Sit upright in your chair with your feet flat on the floor. Extend one arm above your head. Exhale, reach up and over the top of your head, as if trying to touch the sky over the opposite shoulder. Keep both hips in contact with the chair.

Repeat 1-2 times per day.

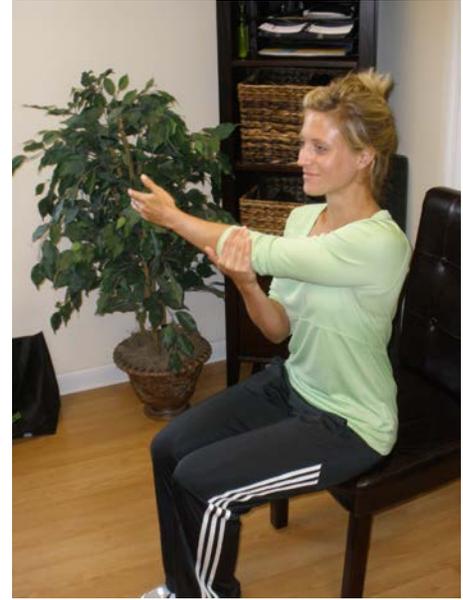


### 5. Seated Shoulder Stretch



Sitting upright in your chair reach one arm across your chest. Place opposite hand just on the outside of your elbow. Gently bring your arm closer to your chest keeping your arm straight and parallel to the floor.

Perform 1 time throughout the day.



### 6. Standing Adductor Stretch



Stand with legs slightly wider than shoulder width apart. Lean your bodyweight over one leg until you feel a slight stretch through the inner thigh of the straight leg. Important: do not let your knee extend over the toes of your bent leg. To prevent this, sit back with hips as if sitting in a chair.

Perform 2 times daily.



## Seated Neck Stretch



### Notes:

- **Sitting in your office chair. Reach your arm towards the ground; turn your head and chin up towards the ceiling.**
- **You should feel a nice gentle yet strong stretch up the side of your neck and across the top of your shoulder.**
- **Hold stretch for 30 seconds.**

**Perform 1-2 times daily in your office.**



Source: IUB SPH Navy SHAPE Service contract resource (2011)