

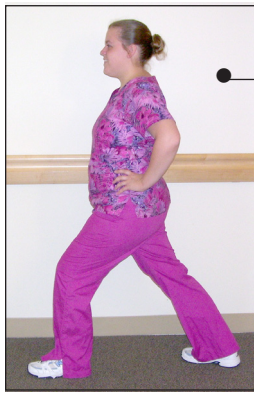
On your feet all day? Step away.

Loosen those muscles,
lessen those aches.



Take a *stre-e-etch* break!

- Move through each stretch slowly.
- Hold the stretch to the point of a mild pull only.
- Breathe easily through all stretches; avoid holding your breath.



Calf Stretch

Step forward with right leg, bend right knee keeping right knee over right ankle. Left leg is straight back, but not locked, with heel on the ground. Feel the stretch in the left leg.
Hold for 10 seconds. Repeat on opposite side.



Pelvic Tilts

Standing with feet shoulder width apart and knees soft, tuck tailbone and bring pelvis forward. Think of a bad dog tucking his tail in.
Repeat 3 times slowly.



Scapular Squeezes

Standing straight but relaxed with hands on shoulders, bring your shoulder blades together slowly 5 times.



Pushaway Stretch

Clasp hands in front of your chest with palms facing away. Press palms out holding for 5 seconds. Lift arms overhead and lean to the right and left holding the stretch on each side for 5 seconds.



Hamstring Stretch

Step slightly forward with right foot, keeping left foot straight. Lift toes of right foot off ground as you bend left leg. With tummy tucked and straight back, slowly lean forward placing both hands on your left thigh.
Hold for 5 seconds and repeat on other side.

PLEASE NOTE:

These exercises are to be done as gentle stretches; they are intended for healthy adults and for educational purposes, not as medical advise.

If you have any medical conditions or have had injuries to your neck, shoulders, spine, or arms, please check with your health care professional before doing the exercises. **If any of these exercises causes pain, STOP.** Never stretch through pain.

This is not to replace an individual stretch program.

*For alternative stretches just for you, call **Live Well. Work Well.** at x6362.*

A word about your FEET.

Comfort is great...SUPPORT is a must!

Good supportive shoes are a must for healthy feet, knees, and back.

Getting to the bottom of your well being

Footwear Guidelines:

- Check your wear pattern, it should be down the middle of the shoe.
- Purchase new shoes for work every six months.
- If you have flat feet, look for a sneaker with a gray instep (*known as a stability shoe*).
- Avoid rubber clogs, they do not offer support to your feet.

