

Easy Office Exercises: take a break!

For your wellbeing: if you have been sitting at the desk, in the car or on a plane for a long period we suggest taking a break for 5 minutes to do these exercises:

Neck rotations



Remain sitting with your back against the backrest. Your shoulders, relaxed and loose, should be kept down, well away from your ears.

Relax your arms, put your legs together and rest your feet on the floor.

Close your eyes.

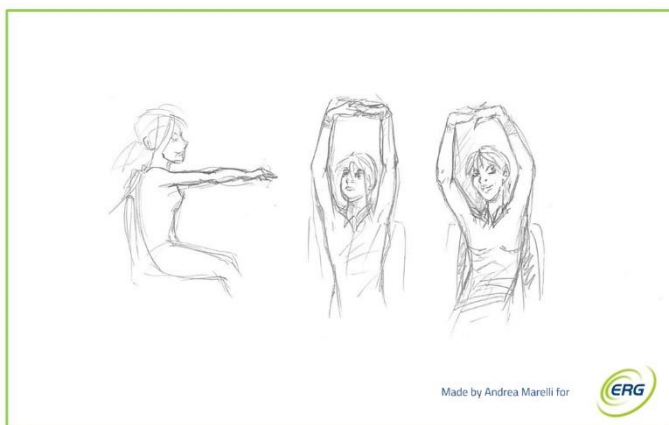
Breathing out, move your chin towards your

sternum. Hold this position for a few moments then partially close your mouth and slowly start to rotate your head.

Half rotation of the head breathing in and half breathing out, one clockwise rotation and one complete anti-clockwise rotation.

Do a few rotations and stop, leaving your head facing downwards for a few breaths. Then, slowly breathing in, bring your head back to an upright position.

Lateral Flexion



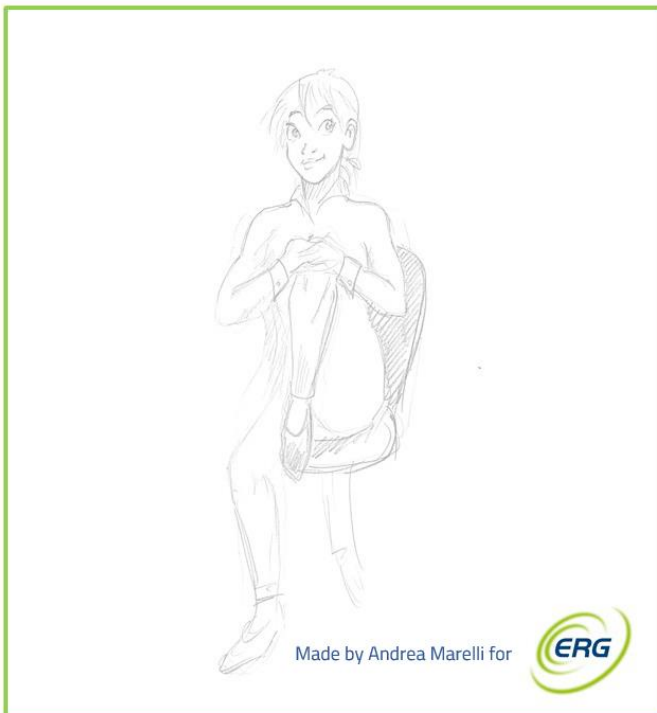
A flexion that helps the lateral stretching of the spine.

Extend your arms out in front of you and link your fingers with your palms facing outwards. Breathe in and raise your fully extended arms above your head, lean to the left while breathing out. Breathe slowly and hold your position for a few seconds.

Slowly breathing in, return to the erect position. Breathing out, repeat on the other side. Gradually loosen your arms.

Leave your arms at your sides and shake your hands a little keeping your fingers loose.

Leg flexions

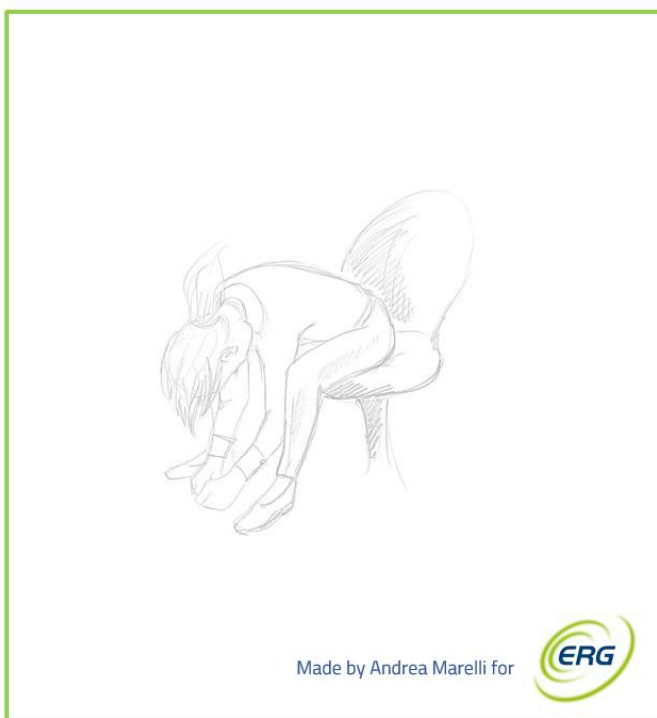


Keep your back firmly against the backrest and maintain an upright position. Breathing in, bend your left leg and use your hands to bring your thigh as close to your chest as possible.

Hold this position for a few seconds, breathing slowly.

Slowly release while breathing out.

Repeat with the other leg as soon as you feel ready.



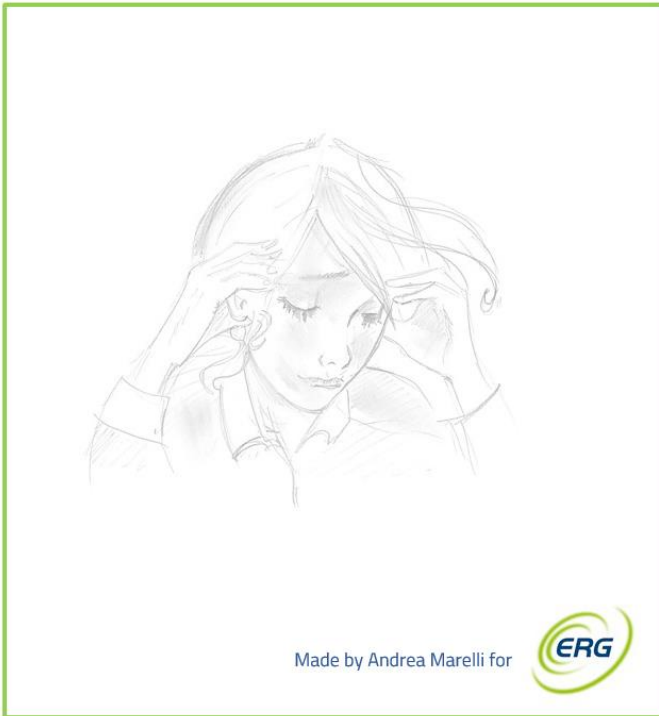
Take a deep breath and, slowly exhaling, bend forwards, touching the floor with your hands if possible.

Hold this position for a few breaths.

To come back up, breathe in slowly and unravel your spine vertebra by vertebra until you have returned to an upright position with your head facing downwards.

Take a deep breath and slowly bring your head back to an erect position.

... and to improve your concentration:



Place your elbows on the desk and put your hands on your temples.

Delicately massage your temples with small circular movements, first in a clockwise direction and then in an anti-clockwise direction, breathing slowly.

When you have finished keep your eyes closed for a few moments.