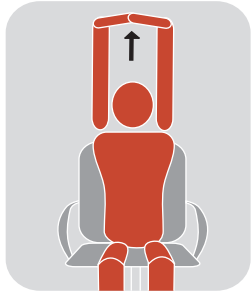


Improve your health at work

Six simple exercises for better health at work.



Interlock your fingers and turn your palms outwards. With an upright sitting posture, stretch both arms over your head. Hold on to the position for 10-25 seconds. Release and then repeat five times.



Hold the side-arm of your chair with one hand. Stretch the other arm upwards and bend sideways as illustrated. Hold on to the posture for 10-25 seconds. Come back to the starting position & repeat the same movement thrice on each side.



As you sit upright, place your palms on your thighs. Slowly drop your head forward and hold on for 10-25 seconds. Now drop your chin & slowly rotate your neck and head clockwise. Reverse and rotate your neck and head anti-clockwise. Repeat the movement five times in each direction.



Take one arm behind and hold the chair as illustrated. Holding the chair with the other arm, twist the waist and upper body to look behind you. Now reverse the position of the arms and twist the body in the opposite direction. Retain the position for 10-25 seconds. Release and reverse the position in the opposite direction. Repeat the movement five times.



Interlock your hands behind your back. Pull down while slowly pushing your chest out. Ease your neck and head back, keeping the back straight. Retain your posture for 25-30 seconds. Slowly relax your head. Repeat three times.



Lift your left foot a few inches above the floor, with your knee bent. Retain the posture for 2 seconds and then ease your foot onto the ground. Repeat on the other side.