ATTN: Employees: It’s time to ‘GET UP & MOVE’

Movement throughout your work day will help you stay fit and will help keep your energy up. It does the body good!

Begin with a few warm ups

1. Shoulder rolls — Roll shoulders up and back. Switch direction.


3. Large arm circles — Roll arms in large circles. Switch direction.

4. Raise the roof — March in place. Push palms toward the ceiling with thumbs almost touching your shoulders.

5. High reach — Reach arms up high. Hold it.


7. Walk in place (or around the workplace) — Walking is a great form of exercise and is a great way to warm up.

8. Hamstring curl — Swing arms while bringing one foot up toward your rear end. Your hands are down when your foot is up.
Now, let’s stretch!

- Do each stretch slowly and smoothly. No bouncing.
- Stretch to the point of comfortable tension. Then relax and hold the stretch.
- If a stretch causes pain, stop stretching and make sure your technique is correct.
- Remember to let your supervisor know if you have any issues while stretching.

1. Punching — Rock from foot to foot while punching with alternating arms. Do not fully straighten your arm.
2. Hand stretch — Make fists. Hold it. Open hands wide. Repeat motion to the front, sides and above head.
3. Wrist stretch — Bend your wrist upward and then downward. Hold it.
5. Rotation stretch — Reach up high and rotate at the hips in both directions.