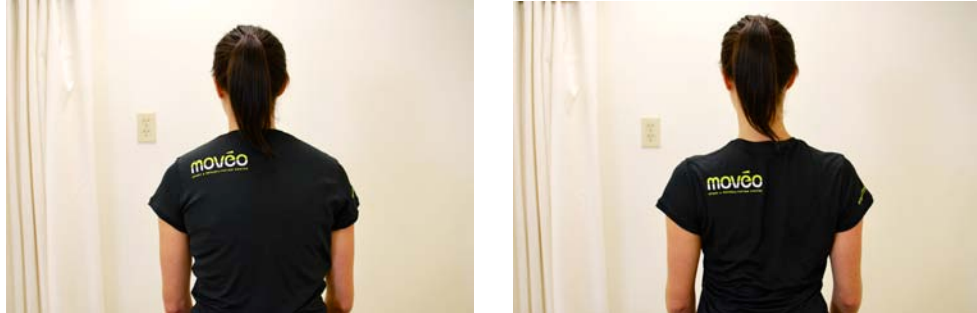


# Office Microbreaks

Each activity only takes 1 – 2 minutes!

## A. Scapular Squeeze – for rounded shoulders



Sit up straight. Keep shoulders down and squeeze shoulder blades together on your back. Hold for 6 seconds, then release. Repeat.

## B. Brugger's Position & Exercise – to find a good, relaxed shoulder posture



Let your legs relax and flop out. Sit up straight with elbows bent 90°, 45° out beside body. (This will naturally relax shoulders down.)

Keeping shoulders down, squeeze shoulder blades together and rotate arm out to side. Hold for 6 sec, then release. Repeat.

## C. Neck Stretches – because your head is heavy



Look both ways and downwards slowly. Hold for 6 seconds at each end of range of motion.



Tilt head to one way while looking straight; have opposite shoulder relaxed down. Also try with face tilted down towards armpit.

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#### D. Wrist Stretches – for those furious typers



Straighten arm fully. Apply pressure to fingers towards yourself. Next, apply pressure on top of hand towards yourself.

#### E. Pelvic Tilt – because no matter how hard you try, you end up slouched



Roll the pelvis forward to create an arch in lower back. This also takes pressure off your sit bones.

Exaggerate arch and hold for 6 seconds. Release into slouch. Repeat. After a few back and forth, sit comfortably with lower back slightly arched.

#### F. March On The Spot – since sitting all day is so boring



Get out of your chair – your butt will thank you! Walk on the spot, preferably to some really cool music. Feel free to swing your arms to loosen your shoulders.

#### Other Tips:

Get up as often as you can (once every hour if possible) and go for a small walk around the office. Set an alarm on your phone to remind yourself!

Stay hydrated – good for your joints *and* an excuse to walk to the water cooler.

Even lifting one leg up onto the chair while sitting will help elevate pressure off the lower back.