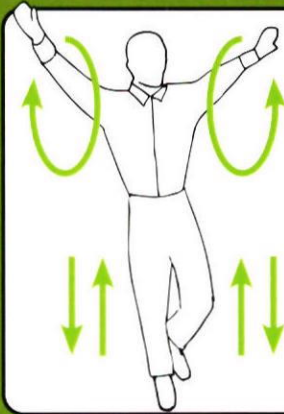


Strengthen and Lengthen

Improve core strength and muscle tone with these active exercises before you work or during breaks.

Consider using this time to discuss safety issues, too.



Arm circle while stepping

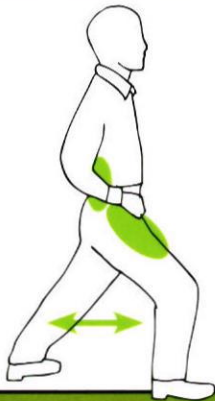
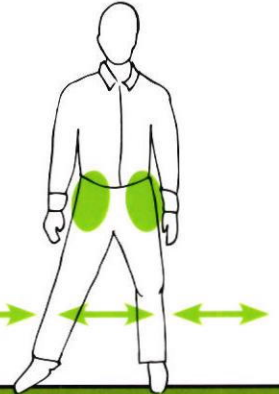
Warm up your entire body by making large circles with your arms while marching in place.

One minute

Five, side to side

Stand upright with arms relaxed. Take five wide sidesteps to the right and then to the left.

Repeat five times



Deep lunges

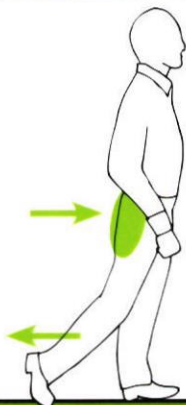
Take a large step forward into a deep lunge. Keep torso straight and upright. Feel stretch in thigh and groin. Do not let your forward knee go past your ankle. Hold 12 seconds.

Repeat three times, each side

Chest stretch

Hold bar (or pretend to) behind neck, arms bent at elbows 90 degrees. Gently pull bar backward away from head until you feel a stretch in the front of the shoulders. Hold for 12 seconds, then relax.

Repeat five times



Buttock strengthen

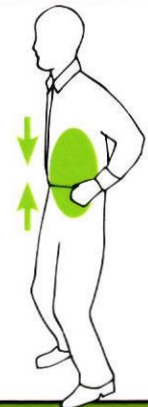
Stand straight, extend one leg backward contracting buttock muscle. Keep trunk upright. Hold 12 seconds.

Repeat three times each side

Standing crunches

Stand straight, tighten stomach muscles by pulling rib cage and pelvis together. Hold 12 seconds.

Repeat five times



Back extension

Place hands on hips. Slowly bend backward, keeping knees straight. Do not extend your head. Hold 12 seconds.

Repeat five times

If you have an existing muscle, joint, or disc injury, or experience pain with exercise, consult your doctor before doing exercises.

Exercise slowly, **don't bounce!**

Source: Jennifer Hess, DC, MPH, PhD
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Labor Education and Research Center

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