CHAIR YOGA

POWERED BY SYSTEMS 24-7

Sitting all day in the same position causes our muscles to become stiff or inflexible, which makes them more prone to injuries. Stretching throughout the day helps reverse the harmful effects of inactive behaviours.

Remember to breathe through each stretch, and hold each for 10-30 seconds

1 Reach all the way up stretching out the back, abdominals and shoulders.

2 With your arms still stretched upward, bend forward stretching out the lower back.

3 Slowly bring your arms down, and place your hands on your thighs, as you roll up wards arch your upper back and stretch out your arms.

4 Roll the shoulders back, squeezing the shoulder blades together opening up the chest.

5 Keeping the shoulders rolled back bring the arms behind the body, clasp the hands together and pull gently backwards opening the chest even further.

6 Release the hands, while keeping them outstretched, stretch them up to the ceiling, sitting up nice and tall.

7 Drop one arm to the side, and bend toward the same side. Repeat on both sides.

8 Drop the arms down to your sides, tilt the head to one side and add extra pressure * never stretch to the point of pain – only mild tension*

9 Complete the same movement however tuck the chin in towards the armpit.

10 Place both hands on the back of the head and and gently tuck the chin into the chest and place extra pressure on the back of the head, feeling the stretch all along the back.

11 Sitting on the edge of your chair, drop one knee close to the floor opening the hips and quadriceps.
* repeat on the other leg

12 Place the left ankle over the right knee opening the hips, and lean forward very slightly.
* repeat on the other leg

13 End with hands in heart centre.

Remember: *Employees should only stretch to the point of MILD tension, never pain, and should always consult a physician before starting any new physical activity routine.*