

Environment, Health & Safety

Stretch & Flex



Spending 10 minutes a day can reduce fatigue and help avoid injury.

Hold each stretch for 30 seconds.



Open Up Stretch

Place your feet hip distance apart and reach outward and upward with both arms, engaging your quads and straightening your legs. Take a deep breath in, hold for 8 seconds, and slowly exhale.



Forward Fold

Bending forward from your waist with your knees slightly bent, reach for opposite elbows and let your upper body hang heavy. Straighten your knees for more of a hamstring stretch and deeply breathe in and out.



Overhead Latissimus Stretch

Standing or sitting tall with your hands above your head, grab your wrist with one hand. Gently stretch to one side until you feel a mild to moderate stretch in the side of your upper back and shoulder.



Chest Stretch

Standing with good posture, clasp your hands behind your back. Inhale as you lift your hands up and pull your shoulders back towards each other. Exhale and slowly release your hands back down towards your lower back.



Overhead Triceps Stretch

Standing feet hip width apart, reach your arms overhead. Drop one hand to the middle of your back. Reach your opposite hand to hold your elbow applying light pressure to deepen the stretch. Breathe deeply in and out.



Wrist & Forearm Stretch

Extend arms in front of you keeping elbows straight. Bend both wrists down until fingers point to the floor. Rotate thumbs down and outward. Wiggle fingers to increase stretch.



Neck Rotation

Slowly turn your head to either direction and look over your shoulder. Take a deep breath in and exhale slowly. Repeat in the opposite direction bringing your chin back to center (neutral) between each rotation.



Lateral Neck Stretch

Tilt your head to either side, trying to reach your ear to your shoulder without lifting. You will feel the stretch opposite the tilt. Shoot your fingers to the floor to increase the stretch. Repeat on opposite side.



Hip Flexor Stretch

Place one foot forward in a staggered stance. Lift the rear heel, bend both knees. Tuck your tail bone and buttocks under bringing your naval in towards your spine. Adjust your stance until you feel the stretch.



Seated Piriformis Stretch

Place one ankle a few inches above the opposite knee. Use hand on knee to add gentle pressure and increase stretch. Lean your chest toward your shin. Do not round your back. Repeat on opposite side.

