

MAKE YOUR MOVE

Guide to Safe Stretching!

To begin **Make Your Move Challenge** four different movements are provided. Choose a different move four different times throughout your workday. Please track on the “Making Your Move” card provided.

Movements to introduce stretching activities- Balance, Reach, Push-Pull are described below.

Alternating Sitting Leg Lifts

Would you like to reduce the risk of backaches, stiffness and headaches while at work? If you work at a desk or spend long periods of time standing, you can easily exercise with leg raises. A simple leg raise can increase your blood flow, strengthen your leg and core muscles, decrease the risk of muscle atrophy and increase your energy levels. Moreover, you can perform leg raises at your desk /workstation or during break at your own convenience!

Alternating Sitting Leg Lifts (30-60 sec/ or more)

Move Instructions:

To start, sit in a chair with good posture. Keep your back straight, your chest out and shoulders down. Straighten your right leg out in front of you and tighten the quadriceps muscle. Raise the foot off the floor approximately 8 to 12 inches and hold for 2-3 seconds. Lower your right foot back to the floor and repeat 10 to 15 times. If this is too difficult to start you may bend your knee at a 90 degree angle and raise the foot. Repeat with opposite leg. In addition, keep your hips level throughout the entire exercise.



Lat Pull-Upper Body

The shoulder is the most unstable joint in your body. Made up of bones, muscles, tendons and ligaments, the shoulder has a huge range of motion, which makes it unstable. While it's important to strengthen your shoulder muscles to prevent injuries, it is just as crucial to stretch the muscles and surrounding tissue. The door stretch is an easy stretch that can keep your shoulders healthy.

Lat-Pull Upper Body (30-60 sec/ or more)

Move Instructions:

To perform the door shoulder stretch, stand a few steps in front of a doorway. Raise one of your arms and reach forward until you are grasping the doorway frame with your thumb facing up. Your arm should be in line with your head, next to your ear. Turn your body away from your outstretched arm until you feel a gentle stretch in your shoulder. Hold the stretch for at least 30 seconds and repeat with the other arm. This primarily targets your anterior deltoid, but it will also stretch the muscles in your back and biceps.



Standing One-leg Balance

Believe it or not, your natural ability to balance your body (when standing or moving) begins to decline after the age of 25! How fast it declines depends upon how much you move your body and practice balancing. By practicing balance training, you can keep this necessary skill in peak shape to reduce the risk of falling and bring health and vitality back to the body.

Move Instructions:

Stand tall and upright with your feet together, place your hands on your hips. Raise the right knee up, towards your waist-line, while maintaining balance on the left leg, and hold. Try to maintain balance for up to 30 seconds. Repeat three times on each leg. Move may be performed with assistance of a chair/wall or only slightly raising heel off the ground.

One Leg Balance (30-60 sec each leg/ or more)



Spine Stretch

Stretching exercises can help bring back some suppleness and increase mobility, decreasing back pain and discomfort. Stretching should be pain free, do not force the body into difficult positions. Having flexible muscles helps prevent injuries and increases range of motion.

Spine Stretch Touch (30 sec/ or more)



Move Instructions:

Start a foot away from a door frame, back straight, abdominals pulled tight. Grab door frame with the right arm about waist high. Push hips back while keeping legs straight. Slowly and under control, start by bending forward at your waist, your head should be in line with your spine. Reaching involves your body's ability and more specifically, the joints of your body, to be mobile, giving you strength, stability and flexibility to extend or move in a full range of motion.

Hold for 15-30 seconds and repeat 3 times. Repeat on the other side.

****Always stop an activity if you experience discomfort or pain****

Note* your personal health information is confidential and protected by law. In compliance with privacy regulations, Wood County may receive participation reports with combined data, but will not receive your personal health information. If it is medically inadvisable for you to participate in this challenge, please email sjoanis@co.wood.wi.us to request an opportunity to earn the same reward by different means.