

Take a Break for 4 Types of Stretching Exercise

1 Shoulder and Upper Back Stretch

1. Extend your right arm straight across your chest, keep it balance with the ground
2. Place your left forearm on the right elbow, and put pressure towards your chest



Remember to switch to another arm and repeat the movements

2 Arm Stretch

1. Raise your left arm, place it behind the neck near the left scapular



2. Use your right hand to pull your left elbow to the right

Maintain the postures for 10 seconds and repeat the movements 3 times

3 Calf Stretch

1. Step your left foot forward and bend your knee into a lunge
2. Step your right foot back and keep it straight



3. Point your toes forward, keep your soles of feet touching the ground

Remember to switch to another leg and repeat the movements

Find something firm to lean on for supporting your body to maintain the balance

4 Thigh Stretch

1. Put your left hand on the back of a chair



2. Lift your left foot to the hip by your right hand

Check your physical condition before doing exercise.
When you feel tired or discomfort, stop exercising.

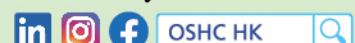


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