

SIMPLE EXERCISES YOU CAN DO AT YOUR DESK

WORKSTATION STRETCHES

Taking short stretch breaks throughout the day can help reduce muscle stiffness, improve flexibility, and relieve discomfort caused by prolonged sitting.



CHAIR SQUAT

Stand up, then slowly lower yourself back into the chair without using your hands.



SIDE STRETCH

Reach your arm overhead and lean gently to the opposite side.



WRIST STRETCH

Extend an arm with palm facing outward and gently pull your fingers back with your opposite hand.



ANKLE ROLLS

Lift your foot and slowly rotate the ankle in both directions.

Stretch gently and avoid bouncing or forcing any movement. Stop immediately if you feel pain, dizziness, or discomfort.



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