



# Exercises

Taking regular breaks to stretch your muscles and give your eyes a rest is vital, so you can prevent stress and tension in your mind and body. It'll help you to stay calm and productive at work.

**This is a great opportunity to get your colleagues stretching too!**



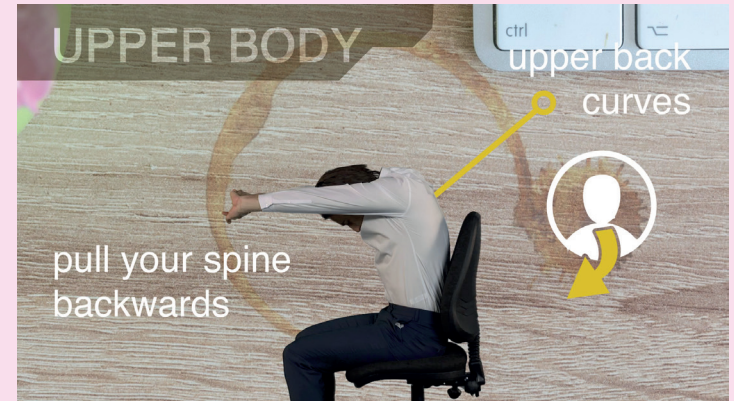
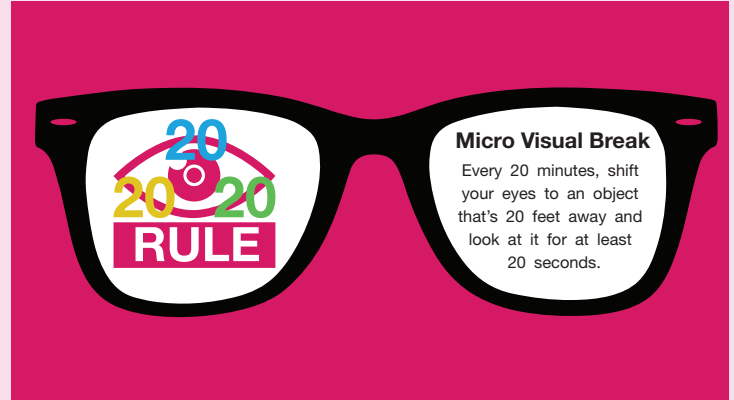
Stay focused and maintain total control of your movements, breathing evenly and working at a slow, relaxed pace.



Start by relieving tension in your neck and shoulders. 5 forward rolls, 5 backward rolls.



Stretch the muscles in your back and relieve tension in your stomach with a simple twist on either side. Remember to keep your hips and legs facing forwards!



Stretch out your upper body, arms, wrists and fingers. Then lift your arms up towards the sky and push your chest forwards. Lower your arms and repeat the sequence 3 times.



Stretch the muscles in your arms and legs, whilst relieving any tension in your wrists and ankles, one side at a time.

If you have any pains or injuries, or you're undergoing any treatment, please consult your doctor before you start any new stretches or exercises; and make sure you stop immediately if you feel any pain.

