



## Warm Up Stretches

Warm up stretches only take a few minutes but there are health benefits as to why you should do them to warm up before you start work.

Doing three types of stretches before you start work will assist your body in several ways such as waking up your muscles ready for physical activity; it will help increase blood flow to the joints of your body; it assists in reducing muscle fatigue during your shift; can assist with preventing back pain and helps with your overall long term posture and wellbeing later in life.

If you feel embarrassed in front of colleagues, do them in the toilet area or even in the car park before you walk in or before you leave home.

### 1 - Squats



### 2 - Cross Body Shoulder Stretch



### 3 - Back Arches



- Feet should be shoulder length apart
- Hands straight out in front of you
- Keep your chest straight
- Keep movements slow and controlled and do not rush
- Your knees should be in line with your toes
- Push up using your muscles in your legs
- Repeat x 20 times

- Stand with feet shoulder width apart
- Put right arm out straight then bring it across the body
- Bring left arm up and over and bend the elbow to support and hold the arm
- Do not pull too hard
- Hold for 20 seconds then repeat with other arm in opposite direction

- Place your hands on your lower back
- Arch backwards
- Hold for 1 second and release
- Repeat x 20 times

You should not experience pain doing these, if you do then STOP