

Working from Home: Stretching/Exercise Plan

Hello everyone! Hope you are well. I have created a stretching/exercise document for you guys to stay healthy at home while working. All the information I have included in this can be done with no equipment and will help your flexibility, muscle strengthening and most importantly, your sanity. For some, these may be easy. If these are easy or have any questions about exercising or moving at home, I am here to help and want to help. Do not hesitate to Call/text me at 405-226-4696 or email me. Staying active home can be difficult when we're focused on work. Our default response is often to try to get one more thing done before taking a break. Suddenly three hours have gone by and we're still sitting hunched over the desk. The best solution is a home office activity plan that fits into your work schedule. This can be beneficial even if you participate in a regular fitness program. The plan should include designated breaks, walking, stretching, and strengthening exercises.

Take Breaks – Get up and move around at least every 20-30 minutes.

Walking – Take a 5 to 15-minute walk to increase blood flow and to warm up during your breaks.

Stretching – Choose a few exercises to stretch the arms, legs, and torso during your breaks

Strengthening – Choose a few exercises that work multiple joints and muscle groups.

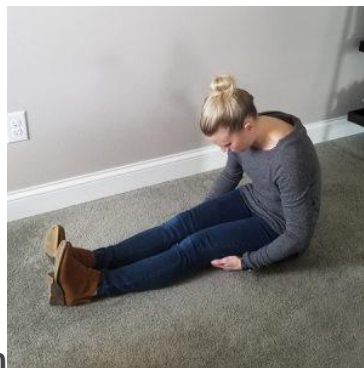
The following pages include sample exercises that you can use to create your own home office activity plan.

Stretching Exercises



Hip Flexor Stretch

- Stand with the left foot forward and the right foot back
- Place your hands on your hips
- With your trunk straight, shift your weight toward the front foot
- Keep your back foot on the ground to maximize the stretch
- As you shift your weight forward, you should feel a gentle stretch in the front of the right thigh and hip
- Hold the stretch for 20-30 seconds, then repeat 3-4 times; switch feet and repeat the exercise



Seated Hamstring Stretch

- While seated, rest your heel on the floor with your knee straight.
- Gently lean forward until a stretch is felt behind your knee/thigh.
- You should keep your low back straight to focus the stretch on the hamstring muscles.
- Hold the stretch for 20-30 seconds, then repeat 3-4 times on each leg.



Calf Stretches – Upper and Lower Calf

- While standing and leaning against a wall, place one foot back behind you and bend the front knee.
- Your back knee should be straight the entire time.
- Shift your weight forward until you feel a gentle stretch in the upper calf of the back leg.
- Hold the stretch for 20-30 seconds, then repeat 3-4 times; switch feet and repeat the exercise.
- To focus on the lower calf, bend the back leg slightly until you feel the stretch in the lower part of the calf muscle.



Upper Trap Stretch

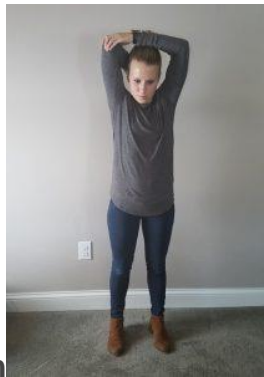
- Sit upright in a chair and place one hand under your chair.
- Lean toward the opposite direction until your shoulder is anchored.
- Gently tilt your head to the opposite side until a comfortable stretch is felt in the upper shoulder/neck area.
- Hold the stretch for 20-30 seconds, then repeat 3-4 times on each side.

Corner Pec/Chest Stretch

- Find a corner and place your forearms against the walls at a 90-degree angle.



- Slowly lean forward into the corner until you feel a stretch across the front of your chest.
- Return to the starting position.
- Hold the stretch for 20-30 seconds, then repeat 3-4 times.



Overhead Tricep Stretch

- Raise one arm overhead with your bicep near your ear, then bend the elbow.
- Use your other hand to slowly pull your elbow backward and toward the opposite side until you feel a comfortable stretch.
- Hold the stretch for 20-30 seconds, then repeat 3-4 times on each side.

Strengthening Exercises



Wall Pushups (Chest, Shoulder, and Arms)

- Stand facing a wall. Lean forward placing your hands on the wall slightly wider than shoulder-width apart with your arms extended so that your body is at a slight angle.
- Bend your arms until your nose is about 2 inches away from the wall, then press out extending your arms until you return to the starting position.
- Repeat in sets of 8-10 repetitions.

Doorway Bicep Curl/Lat Pull (Arms and Back)



- Stand in a doorway straddling the door frame.
- Reach forward and grab both sides to the door frame with your hands.
- Move your feet forward, closer to the door frame.

- Extend your arms and lower your body away from the door frame.
- Pull your body toward to the frame using your arms and mid-back muscles, then slowly return to the starting position.
- Repeat in sets of 8-10 repetitions.

Chair Dips/Triceps Press (Arms and Shoulders)



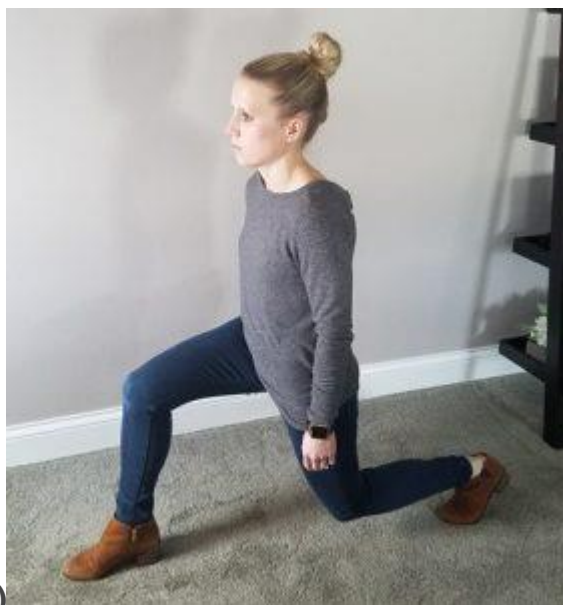
- While sitting in a chair, slide forward and place your hands on the front edge of the chair.
- Your hands should be slightly more than shoulder-width apart.
- Your feet should be farther forward than the normal sitting position.
- Bend your elbows and lower your body until your elbows are approaching 90 degrees (avoid going too low to prevent shoulder strain).
- Press up to the starting position.



Squats/Mini Squats (Hips, Knees, and Ankles)

Repeat 8-10 repetitions

- Stand with your feet shoulder-width apart and toes pointed straight ahead.
- Bend your knees to approximately 45 degrees of flexion lower your body, then return to starting position.
- Make sure that your knees do not pass the front of your foot to prevent knee strain (the movement should be like preparing to sit in a chair).
- Repeat in sets of 8-10 repetitions.



Lunges (Hip, Knees, and Ankles)

- Start in a standing position.
- Keep back straight with shoulders and hips facing forward as you step forward with one foot.
- Bend the front knee and lower your body toward the floor, but keep the knee behind toes.
- Lower the back knee to the floor at the same time, keeping most of your body weight on the front leg.
- Push upward with front leg to return to a standing position.
- Perform 8-10 repetitions on each leg.

Standing Calf Raises (Lower Legs and Ankles)

- Stand next to a countertop or stable chair with your feet shoulder-width apart. Place your hands on the surface for support.
- Slowly raise your heels off the ground by pushing up onto the ball of your feet.
- Slowly lower your body and return to the starting position.
- Repeat 8-10 repetitions.

Posture while working at your desk

UPRIGHT POSTURE IS WITHIN REACH
How to set up your work space

