

### Introduction

Although there is the need to stay productive whilst working from home, it is important to move away from the computer regularly in order to check in and make sure our physical wellbeing is not compromised.

Sitting in one position for a long time may result in muscle tightness and a decrease in flexibility. In some cases this has effects on our mobility in other areas of our life. The following is a short, 10-minute stretch routine that can be done within the office.

### Instructional Overview

- Stretch slowly and gradually increase the range of the stretch
- If you feel pain in any of the stretches, stop immediately
- Hold each stretch for 15-30 seconds
- Control your breathing throughout the stretch
- Where stretches are unilateral, be sure to stretch both sides

### Stretches

#### 1. Neck

- While seated in your chair, tilt the head over to the side towards the shoulder while maintaining an upright posture.
- With the opposite arm reach down beside the chair toward the floor.

#### 2. Shoulder

- Reach across the body with one arm. The arm should be parallel to the ground.
- With the opposite arm, reach underneath and in front of the reaching arm. Pull back with that arm so that the opposite arm reaching across the body gets pulled closer to the chest.

#### 3. Forearm/hands

- With one arm, reach straight out in front of you with the palm facing down towards the ground
- Bring the back of the hand up so that the palm is now facing out in front of you. This should look like you are signaling someone to stop. The fingers should all be together.
- With the other hand, grab the top of the fingers and pull back towards the body.

#### 4. Back

- While seated in your chair, place one leg over the other so that the thighs are crossed.
- Keep the hips facing forward and with the upper torso, twist in the direction of the leg that is on top of the other. You may need to grab the back of the chair or the arm rest to assist with holding the stretch. The opposite arm can either grab the arm rest or hold the top leg in position depending on current flexibility.

### 5. Glutes

- Whilst seated, lift one leg so the ankle is resting on the knee of the opposite leg.
- The knee of the leg that has been lifted should be allowed to drop towards the ground. Ideally the lower leg is parallel to the ground.
- Whilst maintaining posture, bend forward at the waist until you feel the stretch.
- *This area may be particularly tight from sitting all day.*

### 6. Quads

- Stand up and move the chair away from the desk so that it is out the way.
- Turn sideways to the desk.
- Balancing on the leg closest to the desk, bring the heel of the furthest leg towards the buttocks. Grab the ankle to hold it in place. The knee should be pointing directly down.
- You can use the hand closest to the desk to hold the desk for balance.

### 7. Hamstrings

- Stand with the legs straight
- Bend at the waist and reach down and try to touch your toes.
- *If this is easy, try to reach down and lay your palm on the ground.*

### 8. Chest

- Stand near a doorway.
- Raise your arm up to the side so that the arm is parallel with the ground (90 degree shoulder angle) and the forearm is pointing to the roof (90 degree elbow angle)
- The forearm should be running along the doorframe.
- Whilst maintaining this position slowly turn so that the arm extends behind the body slightly. You should feel a stretch in the pectoral muscles.

### ABOUT THE PROGRAM

The QUT Health & Wellbeing Program aims to engage students, staff, alumni and the broader QUT community in a range of health and wellbeing initiatives, by removing the barriers to participation and actively encouraging a healthier lifestyle. The initiative is comprised of a range of activities and resources including recreational fitness, home workouts and exercises, nutrition guidance, mindset coaching and esports activities.

### DISCLAIMER

By participating in the QUT Sport Health & Wellbeing Program (“the Activity”) I am indicating my acknowledgment and agreement to the following:

1. I have read and understood any information provided about the Activity. I understand that further information may be given to me during the Activity and I must make an assessment of my ability whilst participating;
2. I agree to inform staff of any issues which come to my attention and which may impact my own ability to participate in the Activity;
3. I understand that in an online environment I am responsible for the suitability of my surroundings and that QUT cannot provide specific or unique advice to me about my situation;
4. I will follow the reasonable directions of QUT staff members at all times during the Activity and listen to all instructions carefully;
5. I recognise and acknowledge that the Activity carries with it certain inherent risks that cannot be eliminated regardless of the care taken to avoid those risks. I have read and understood the Activity Information and agree that:
  - a. I am participating in the Activity at my own risk;
  - b. I am psychologically and physically fit to participate in the Activity; and
  - c. release QUT from any liability for any loss, injury, damage or death which I may suffer or incur directly or indirectly arising from my participation in the Activity
6. I am at least eighteen years old (or if I am under eighteen years old, that I have the requisite capacity and understanding to consent).
7. Where the activity involves any fitness components, I will make sure that I wear appropriate workout attire and sports footwear.