



مدينة الملك فهد الطبية
King Fahad Medical City



Stretching Exercise for Office Workers

Sitting for long periods of time on a daily basis while working at the office makes you more vulnerable to obesity, diabetes, heart disease and depression.



You can do stretching exercises easily in your office, as it keeps your muscles relaxed and vital when you are at work so you can avoid the negative health consequences associated with sitting for a long time.

Benefits of Stretching Exercises:

- ✔ Enhance well-being.
- ✔ Maintaining a healthy posture.
- ✔ Increases range of motion.
- ✔ Reduces sprain-strain injury risks.
- ✔ Reduces fatigue associated with physical exertion.



Follow the instructions below:

- Apply the exercises every 30-45 minutes.
- Try to relax during exercise time.
- Hold the elongation for a period of 10-15 seconds in each exercise.
- Stop if it is painful.
- Remember to take a deep breath (inhale and exhale).

Slowly lower the ear to the shoulder and hold.
Then repeat the exercise to the other side



Move the shoulders up and down. Try to relax

Raise the right hand above the level of the head, then bend over to the left.

Then repeat the exercise to the other side



Raise the foot straight and firm. Then repeat the exercise to the other side

Bend forward and put the hand on the foot if possible and hold

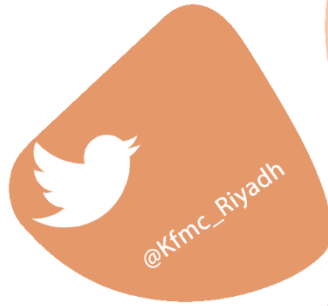


Stand with hands placed lower back and slowly bending back

لأن الوعي وقاية ..

إدارة التثقيف الصحي

Quality Improvement Department



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