

## Active Break!

Here are the set of 10-minute micro exercises designed for employees of the Philippine General Hospital. It's a series of quick and simple exercises you can try at least twice a day to boost productivity, improve overall wellness, and prevent work related injuries.

### 1. Cross body shoulder stretch



- Hold your left arm just above your elbow with your right hand
- Gently pull your elbow toward the opposite shoulder until a stretch is felt
- Hold 15 seconds
- Do both sides
- Repeat for 2 times

### 2. Overhead triceps stretch

- Lift and bend your left arm until your hand is in the middle of the upper back
- Gently pull your elbow with the other hand until a stretch is felt
- Hold 15 seconds
- Do both sides
- Repeat for 2 times



### 3. Lateral neck stretch



- Position your right arm at the middle of your back
- Slowly bend your neck to the left
- With your left arm gently pull your head in attempt to touch your left ear to your left shoulder until a stretch is felt
- Hold 15 seconds
- Do both sides
- Repeat for 2 times

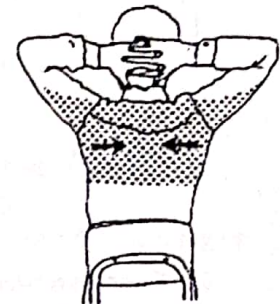
#### 4. Trunk stretch



- In sitting position slowly lean forward to touch your toes
- Keep your head down and relax
- Hold for 15 seconds
- Slowly go back up into sitting
- Place both hands at the back of the head, bring the chest up and elbow out
- Hold for 15 seconds
- Repeat for 2 times each

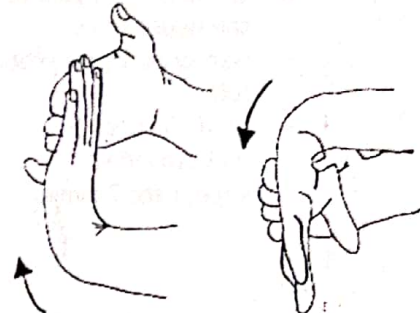
#### Alternate exercise for those with HYPERTENSION:

- Place both hands at the back of the head
- Bring the chest up and elbow out
- Hold for 15 seconds
- Tuck head down
- Try to bring elbows together towards the front of the chest
- Hold for 15 seconds
- Repeat for 2 times each

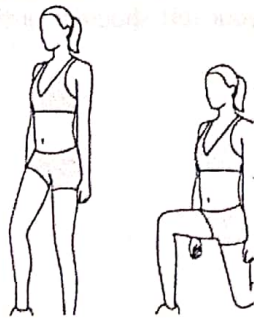


#### 5. Wrist stretches

- Stand up and extend your right arm forward at shoulder height
- Keep your elbows straight, grasp right hand over the left
- Gently bend the wrist backward until you feel the stretch
- Hold 15 seconds
- Then bend the wrist downwards
- Hold for 15 seconds
- Repeat for 2 times each arm



#### 6. Lunges



- Stand with feet shoulder width apart, back straight
- Take a step forward with your left leg and slowly bend both knees until your back knee is just above the floor
- Make sure your left knee is in line with your foot keeping the legs in a 90 degree angle
- Stand back up
- Do both sides
- Repeat for 5-10 reps each leg
- Make it fun! When walking from one side of the room to the other do forward lunges!

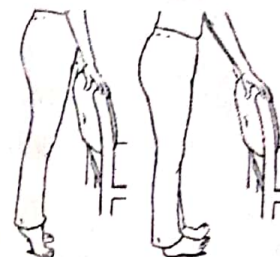
## 7. Squats

- Stand with feet shoulder width apart, back straight
- Slowly bend your knees and press hips back
- Keep your chest up and back straight
- Make sure your knees are in line with your foot keeping the legs in a 90 degree angle
- Stand back up
- Repeat for 5-10 reps
- Make it fun! Do squats while waiting for your coffee, printing job



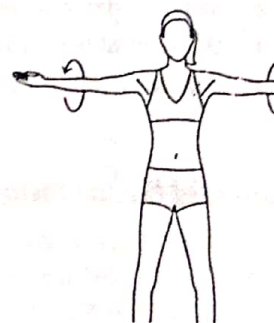
## 8. Heel and toe raises

- Stand with feet slightly apart and toes pointing forward
- Lift your heels off the floor
- Gently bring your heels down and raise your toes of the floor
- Repeat for 10-20 reps
- Make it fun! While waiting in line for meeting or a client insert a few heel and toe raises



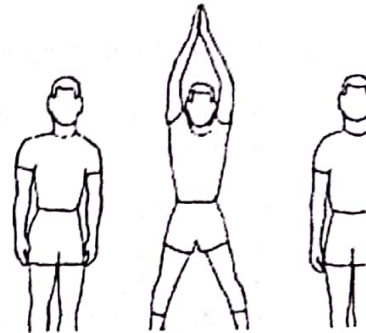
## 9. Arm circles

- Stand with feet shoulder width apart, back straight
- Lift arms up to the side
- Slowly circle your arms forward and then back
- Repeat for 5-10 reps each direction



## 10. Jumping Jacks

- Stand with feet together and hands at the side
- Jump up spreading the feet shoulder width apart and bring both hands together above the head
- Jump again and return to starting position
- Repeat for 20 reps



Alternate exercise for jumping jacks:

### Step ups



- Stand in front of a foot stool or step
- Step up with your left leg leading
- Push through your left foot and bring the right leg up to meet the left foot
- Step back down with your left leg leading
- Repeat for 5-10 repetitions
- Do on both sides

Want to do more?

- Skip the elevator, take the stairs!
- Walk for at least 15 minutes each day
- Slowly do more repetitions each day

*Courtesy of Physical Therapy Section, Department of Rehabilitation Medicine*