

LET'S STRETCH IN THE OFFICE!

Are you still in the office when reading this article? Have you had any chance to relax and stretch today?

The majority of you would have answered "No" to the latter. It's the same for me and my colleagues as we are often too busy gluing our eyes on the screen. Sometimes, we know that we have gained weight and our backs are painful but we just choose to ignore.

Actually, some simple stretching at your desk can loosen up the tension within your body and improve blood circulation therefore increasing your agility. So while you are reading this article, try out the following simple exercises recommended by the Health Promotion Board (HPB) Singapore.



1. Side Neck Stretch

Reduces the strain and stiffness of the neck

1. Relax your shoulders and look straight ahead.
2. Gently tilt your head to the right and feel the stretch on the left side of your neck.
3. Repeat - tilting head to left.



2. Shoulder & Deltoid Stretch

Reduces the strain and stiffness of your shoulders

1. With your left hand, pull your right arm to the left side of your body.
2. Tilt your head to the left and feel the stretch on the right side of your neck and the right shoulder.
3. Repeat - pulling your left arm to the right.

Upper Back Stretch

Reduces tension and strain on upper back and relaxes the muscles of upper back

1. Interlock your fingers of both hands and push your hands forward with the palms facing outwards.
2. At the same time curve your back and feel the stretch along the upper back.



Chest & Biceps Stretch

Relieves tension of the contracted muscles of the chest

1. Straighten your arms with your palms facing outwards.
2. Bring both arms slowly towards the back as much as you can. Feel the stretch at the chest and the biceps.



5. Triceps Stretch

Relieves tension of your tricep muscles

1. Bend your right elbow and place your hand at the back of your head.
2. Use your left hand to pull the right elbow towards the left side of your body. Feel the stretch along the right triceps.
3. Repeat - pulling your left elbow to the right.



6. Forearm Stretch

Relieves strain on your forearm muscles

1. Straighten your right arm with palm facing down.
2. With left hand, pull the palm upwards towards you. Feel the stretch along the bottom of the forearm.
3. Palm facing down again, pull the back of the palm downwards towards you. Feel the stretch along the top of the forearm.



Let's Stretch!

Follow the instructions step by step to relax your body from head to toe. Stop the exercise if there is discomfort or pain. If you are game for more, there are 6 more steps to complete this full body stretching exercise which can be found on the HPB "Let's Stretch" poster.

[Download here](#)

KDF Health Talk @ Workplace



Sitting at your desk all day with no exercise can cause not only back pain but may give rise to more serious health problems such as obesity which could lead to hypertension, one of the main causes of chronic kidney disease.

To foster a healthy and active workplace environment, KDF has initiated a "Health Talk @ Workplace" programme to help corporate staff to take care of their health and to promote public awareness on kidney related diseases. We offer free health talks during lunch time on selected topics conducted by doctors and health specialists. Contact Ms Ericia Lau at ericia.lau@kdf.org.sg today to find out more.