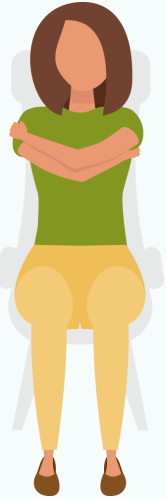


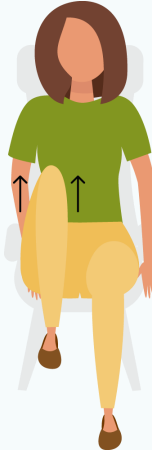
Move at your desk



1

Body hug

Hug your body, reaching each hand behind the opposite shoulder.
Good for - stretching your back



3

Knee lift

Sit upright with both feet on the ground and bring one knee towards your chest. Hold for a few seconds then repeat with the other leg.
Good for - strengthening your stomach



2

Neck stretch

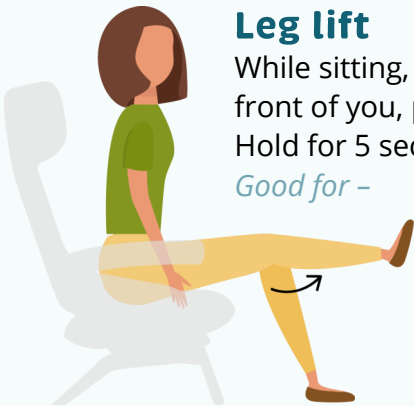
Sit up tall and drop your left ear towards your left shoulder. Hold for 10 seconds and repeat on the other side.
Good for - stiff neck



4

Prayer hands

Put your palms together and slowly lower them down until you feel the tension in your wrists. Hold for 10 seconds.
Good for - loosening the wrists



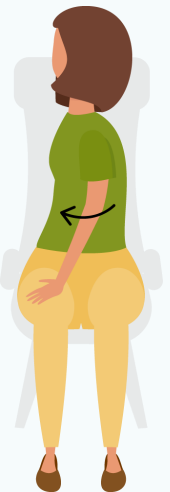
Leg lift

While sitting, straighten one leg out in front of you, parallel to the ground. Hold for 5 seconds, then change legs.
Good for - preventing pins

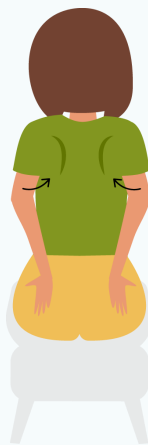
5

Spinal twist

Sit forward on your chair and place your left hand on your right thigh. Rotate your chest and head to the right, placing your left hand on the back of your chair. Hold for 10 seconds and repeat on the other side.
Good for - stretching your back



Shoulder blade squeeze
Place your palms on your lower back and squeeze your shoulder blades together. Hold for 10 seconds.
Good for - tight chest and shoulders



6

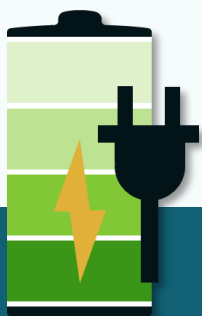
Shoulder shrug

Bring your shoulders up towards your ears, hold for 10 seconds before dropping them back down.
Good for - stiff neck and back



7

8



Active Dorset
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Recharge your body and mind with movement