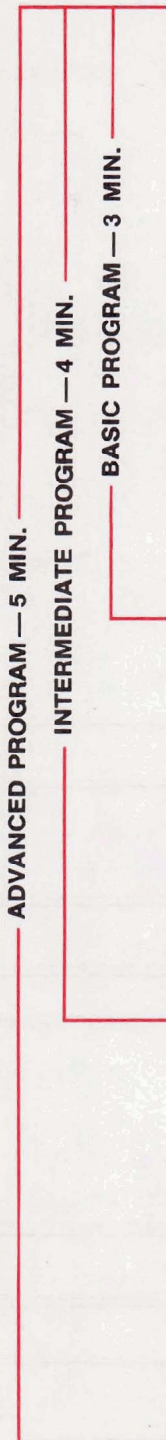


The 5-minute, Feel-good Warm-up

Take three to five minutes for some easy stretching and flexing at the start of each shift. You will be more resistant to strain and sprain, and it feels great!

Repeat each exercise slowly. Begin with two or three repetitions, vary the exercises, and build a program that is right for you.

Workers' Compensation Department—Accident Prevention Division



High Reach

Arms up, on tiptoe, reach high and hold for five counts, then slowly relax.



Stomach Toughener

Pressing clenched fists on stomach, tighten stomach muscles and hold.



Neck Flex

Slowly bring left ear to shoulder, then right. Lower chin to chest. Then roll head through range from shoulder to chest to shoulder.



Upper Back Stretch

Reach left hand over right shoulder as far as possible and hold. Repeat with alternate hands.



Trunk Rotation

Wrists clasped in front, looking straight ahead, slowly turn shoulders from side to side. Gradually increase turning range.



Knee Pull

With one or both hands clasped over knee, pull knee toward chest and hold. Alternate knees.



Shoulder Shrug

Shrug shoulders up, down, and around in a circular motion. First make forward circles, then backward.



Lateral Stretch

Feet well apart, left arm at side, reach with right arm up and over head, bending at waist to the left. Straighten up slowly and repeat to alternate sides.