



STAY HOME STAY ERGONOMIC

The Importance of Stretching

Whether you are working from home or at the job site all day, allowing yourself a chance to stretch gives your body the TLC it deserves throughout your workday. Depending on your workspace environment, you might be hesitant to take the time for a stretch break, but here are a few good reasons to start adding it to your day-to-day routine:

Stretching improves flexibility. Sitting in an upright position for hours on end wreaks havoc on the natural curvature of the spine. If your lower back always feels tight and uncomfortable, or your shoulders feel like they are inching up toward your ears, moving through a few stretches every day will help relieve that constant tension, both inside and outside of the workplace.

It leaves you refreshed. It may seem counterintuitive but taking time for a micro stretch break can improve your workflow and productivity. When you step away from your work and release the stresses of your responsibilities, you come back to your work with a clear mind, ready to tackle the rest of your day.

Make stretching a routine. Make a point to stretch at the same time (or hopefully times) every day. Set a reminder to stretch every hour, take a few moments once you are back from lunch, or stretch in the hallway after a bathroom break. Your new habit will be more likely to stick if it feels ingrained in your schedule.

Don't feel awkward. If you feel strange in the beginning, that's okay. Once you start recognizing all the benefits of taking this time, it won't feel as silly.

While this new working environment may be in place, it is temporary, and we need to stay focused on the positive light at the end of the tunnel. I hope everyone stays safe and well during this time. Please know RESIG is here to assist you during this challenging time. If you have questions about ergonomics please reach out to me via email at:

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BE SAFE AND BE WELL

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Easy Chair Stretches

Spine



Hips



& legs



Shoulders

