



Exercise tips for standing workers

Work that includes lots of standing are heavy on the legs, feet and back. Work performed standing up can also include plenty of repetitions, causing the long-term, one-sided strain to result in pain or strain injuries. Holding one's hands above shoulder level may be particularly stressful to the neck and shoulders.

Take breaks so that your muscles get a chance to rest. Breaks can include moving on the spot or straightening your posture, but a few moves that improve circulation (such as rolling one's shoulders) never hurt. Dynamic leg stretches make a nice change to the standing and make your blood flow. When your body feels uncomfortable or you can no longer focus, it's a sign that usually means it's time for a break or to change your position. It's also good to sit down every once in a while, so that your legs and feet get some rest. Investing in good work shoes is a good idea if your work includes lots of standing.

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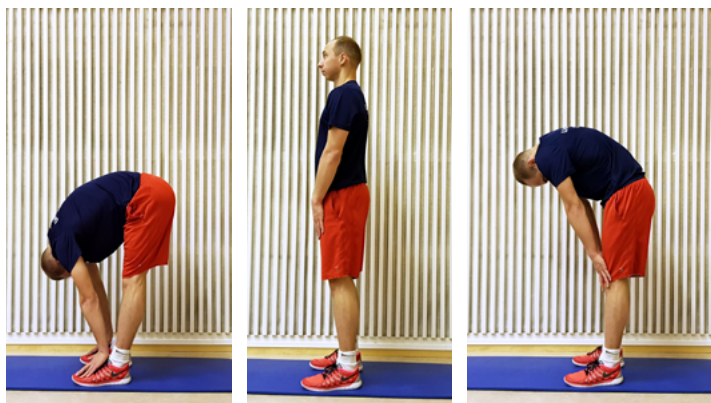
Do versatile exercises on your free time and strengthen the deep core muscles of your body, so that they have the strength to support your body during the workday.

Take a break!

These moves are meant to be done during the workday. You can perform all moves at the same time or choose the ones that suit you the best. Repeat the moves 5–10 times.

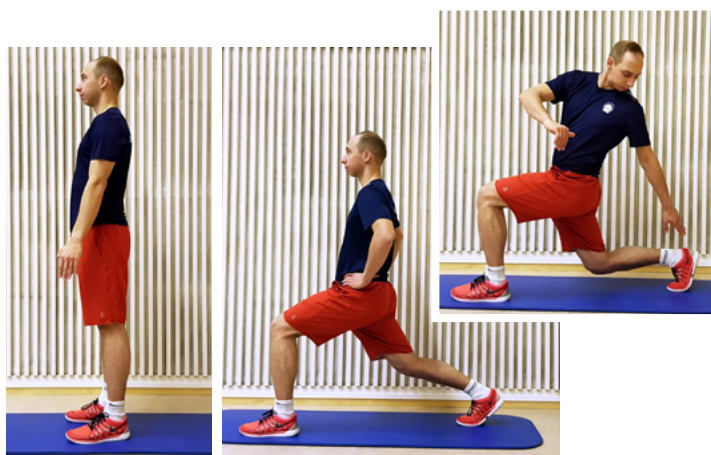
1. Back rolls

- Stand with your feet at shoulder width and keep your arms relaxed by your sides.
- Lower your chin to your chest and slowly roll down one vertebrae at a time.
- When down, relax your neck and shoulders.
- Then come back up slowly, one vertebrae at a time.



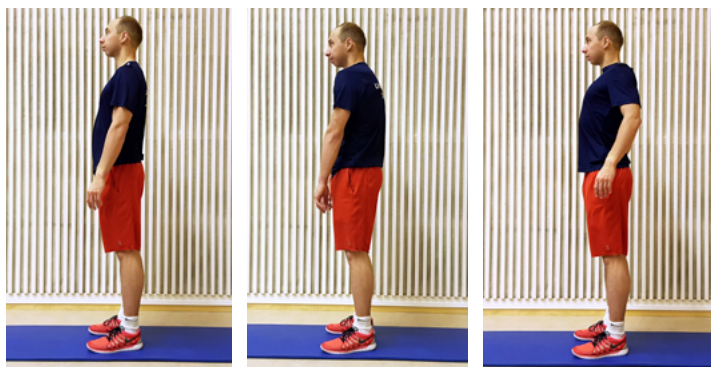
2. Lunge and reach

- Stand with your feet at shoulder width.
- Step forward with one leg and lunge so that the heel of your back leg is off the ground. The weight is on the heel of the front leg, and the knee of the back leg is lowered close to the ground. Knees and toes face the same way throughout the move. If your right leg is forward, reach with your right hand toward the heel.
- Come back to the centre and push yourself back to your starting position.
- Continue the move with the other side.



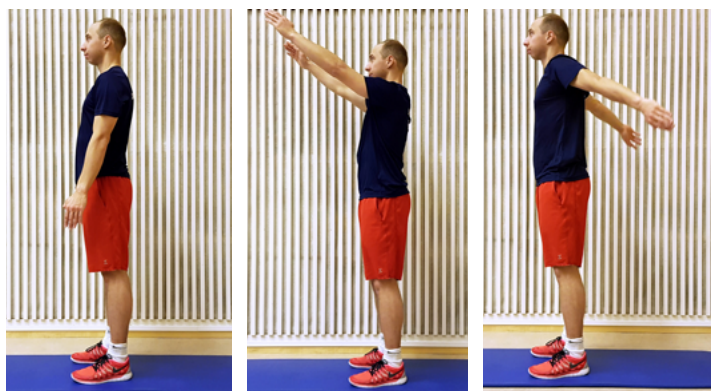
3. Pulling shoulders back

- Stand with your feet at shoulder width and keep your arms relaxed by your sides.
- Use your shoulders to slowly draw a big circle, first forward and then backward.



4. Arm circles

- Stand with your feet at shoulder width.
- Move your arms from front to back and imagine you're drawing a big circle with the tips of your fingers.



5. Thoracic spine twists

- Stand with your feet at shoulder width, with your knees slightly bent.
- Twist your upper body from side to side so that your hips remain as still as possible. Now include weight shifts and your hips into the movement.
- Shift your weight to the side you're twisting to, so that the heel of the other foot is lifted off the ground and the foot turns toward the motion.
- Let your arms fall down and let them swing freely from side to side with the movement.



6. Calf stretches

- Lift your foot against the wall so that the heel remains on the floor and toes are pointing up. You can use your hand and the wall for support.
- Lightly move your weight onto the leg you're stretching and hold for a few seconds.
- Switch sides and repeat.

