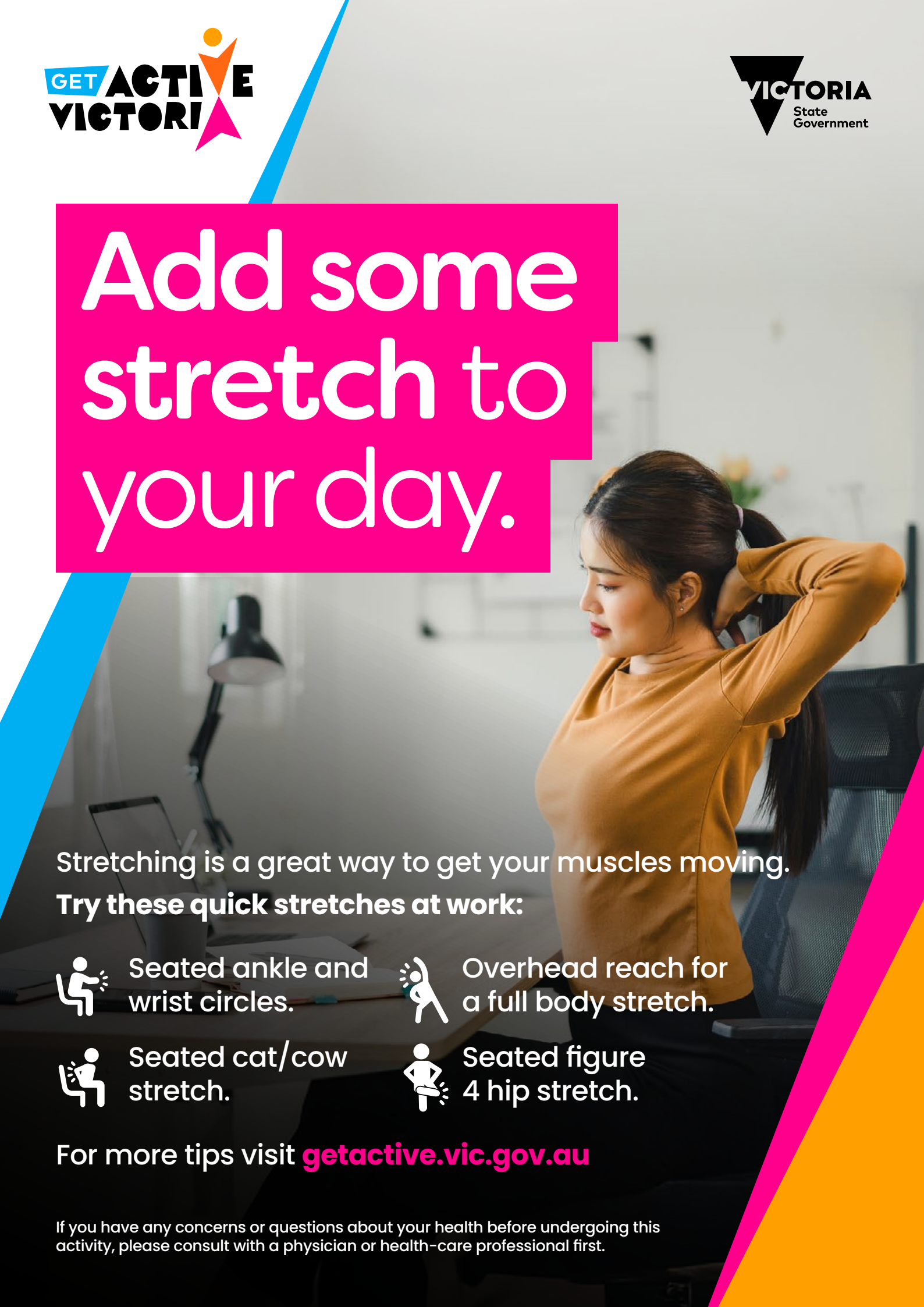
GET ACTIVE VICTORIA

VICTORIA State Government

Add some stretch to your day.



Stretching is a great way to get your muscles moving.

Try these quick stretches at work:

- Seated ankle and wrist circles.
- Overhead reach for a full body stretch.
- Seated cat/cow stretch.
- Seated figure 4 hip stretch.

For more tips visit **getactive.vic.gov.au**

If you have any concerns or questions about your health before undergoing this activity, please consult with a physician or health-care professional first.