Got a moment to spare? **Use it to stretch out.**

Make the most of the break from your desk by stretching out at the printer.

Trunk Rotation

- Stand with your feet hip width apart.
- Rotate to your right, keeping your feet and hips facing forward.
- Hold for 5-10 seconds, before slowly returning to centre then repeat on the left side.

Chest Stretch

- Stand with your feet hip width apart with your hands clasped behind your back, interlocking the fingers if you can.
- Roll your shoulders back, straighten your arms and push your hands towards the ground.
- Hold for 20-30 seconds.

Side Bends

- Lean to one side sliding your hand down the outside of your leg until you feel a stretch.
- Return to the starting position and repeat on the other side.

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

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