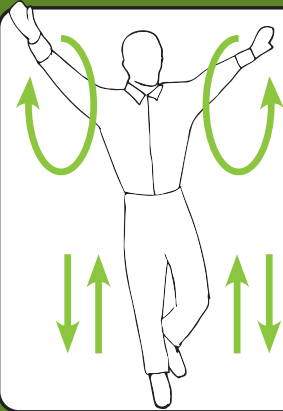


# Strengthen and Lengthen

Improve core strength and muscle tone with these active exercises before you work or during breaks.

Consider using this time to discuss safety issues, too.



## Arm circle while stepping

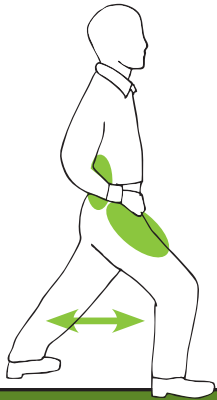
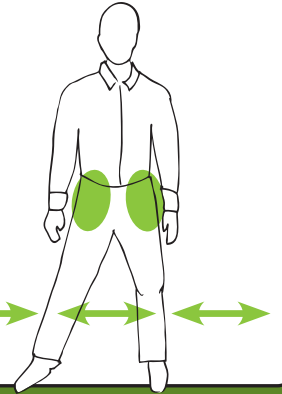
Warm up your entire body by making large circles with your arms while marching in place.

**One minute**

## Five, side to side

Stand upright with arms relaxed. Take five wide sidesteps to the right and then to the left.

**Repeat five times**



## Deep lunges

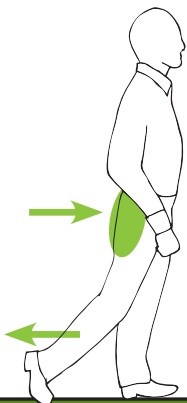
Take a large step forward into a deep lunge. Keep torso straight and upright. Feel stretch in thigh and groin. Do not let your forward knee go past your ankle. Hold 12 seconds.

**Repeat three times, each side**

## Chest stretch

Hold bar (or pretend to) behind neck, arms bent at elbows 90 degrees. Gently pull bar backward away from head until you feel a stretch in the front of the shoulders. Hold for 12 seconds, then relax.

**Repeat five times**



## Buttock strengthen

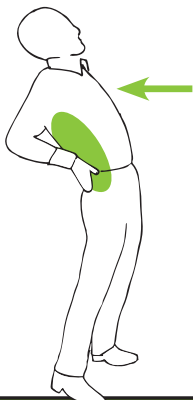
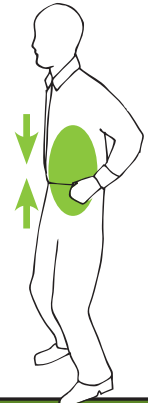
Stand straight, extend one leg backward contracting buttock muscle. Keep trunk upright. Hold 12 seconds.

**Repeat three times each side**

## Standing crunches

Stand straight, tighten stomach muscles by pulling rib cage and pelvis together. Hold 12 seconds.

**Repeat five times**



## Back extension

Place hands on hips. Slowly bend backward, keeping knees straight. Do not extend your head. Hold 12 seconds.

**Repeat five times**

If you have an existing muscle, joint, or disc injury, or experience pain with exercise, consult your doctor before doing exercises.

Exercise slowly, **don't bounce!**

Source: Jennifer Hess, DC, MPH, PhD  
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