

WORKERFIT

OFFICE MOVEMENT PROGRAM

WHY IS MOVEMENT IMPORTANT FOR OFFICE WORKERS?

Movement reverses the effects from static work postures that may lead to discomfort. This prevents or alleviates symptoms from chronic conditions such as carpal tunnel syndrome, neck pain, back pain or sciatica. All movements in this handout should be done without pain and at your own pace and intensity. If you experience any difficulty, symptoms or questions about this program, STOP and inform your work-site occupational health or safety professional.

SYMPTOM RELIEVING EXERCISES IN SITTING

Seated Posture Training



Sit upright, open your hands, and squeeze your shoulder blades together as you hold this posture for 2-3 seconds. Relax and lower your arms. Repeat this for 5 repetitions.

Active Neck Extension



Position your hands across on top of your shoulders, tuck chin, and look up at the ceiling. Relax and lower your arms. Repeat this for 5 repetitions.

Shoulder reaches



Reach toward the ceiling as you inhale and hold 2-3 sec. Release and exhale. Repeat with the other side. Perform 5 repetitions on each side.

STANDING MOVEMENTS TO REVERSE EFFECTS OF STATIC SITTING

Forward Step-ups



- Begin with feet even in front of a wall.
- Step forward on the right leg and raise the left knee.
- Step back to feet even
- Step forward on the left leg and raise the right knee.
- Repeat movements at a comfortable pace for 1-2 min.

Reverse shoulder rolls



- Circle your arms backwards with your palms facing the ceiling.
- Repeat 5-10 times. Keep elbows below shoulder level.

Sideways Stepping



- Begin with feet even.
- Step sideways on right leg and touch the left toe behind.
- Then step sideways on left leg and touch right toe behind.
- Repeat these movements at a comfortable pace for 1-2 min.

IMPORTANCE OF AEROBIC EXERCISE

Sedentary activity is associated with many negative health effects. Healthy adults aged 18-65 years old are advised to perform moderate aerobic physical activity for at least 30 minutes on 5 days/week or vigorous aerobic activity for at least 20 minutes on 3 days/week. Aerobic exercise can be accumulated toward the daily minimum by performing bouts of activity lasting at least 10 minutes each.