

## EXERCISES

# NECK AND SHOULDER

IN THE QUEST FOR PAIN-FREE DAYS, - DON'T FORGET TO SWAY YOUR NECK IN ALL THE WAYS!

## 1 NECK CIRCLES

- Sit upright or stand with relaxed shoulders.
- Make slow circular movements with your neck, first clockwise and then counterclockwise.



## 2 SHOULDER SHRUGS

- Sit or stand with your shoulders completely relaxed and lowered.
- Raise your shoulders up towards your ears and hold the position for a few seconds, then lower them again.



## 3 NECK STRETCH WITH HAND SUPPORT

- Sit or stand - gently tilt your head toward one shoulder and place your hand on your head until you feel a stretch.
- Hold the position for 10 seconds and repeat on the other side.



## 4 SHOULDER ROLLS

- Sit or stand with relaxed shoulders.
- Roll your shoulders forward in circular motions for 10 seconds, then backward for 10 seconds.



## 5 CHIN TUCKS

- Sit or stand with your back straight.
- Push your head forward so that your chin almost "glides" towards your chest without bending your neck.
- Hold the position for a few seconds and then return to the starting position.



REMEMBER TO LISTEN TO YOUR BODY AND AVOID PAIN DURING THE EXERCISES.



**OFFICEFIT**  
STAY ACTIVE WHILE WORKING