

University of
Lethbridge



UNIVERSITY
OF
LETHBRIDGE

STRETCH AND
STRENGTHEN
PROGRAM



2010 WellNess Initiative | Get Fit At Work

Get Fit At Work 2010

The purpose of this program is to provide stretching and strengthening exercises that can be completed at your desk, out on the job, or even at home. Before starting any new physical activity, it is recommended you complete a Physical Activity Readiness Questionnaire (PAR-Q) and consult your doctor for further instructions should you have any questions or concerns. Please see page 14 and 15 for the Par-Q form.

The program is broken up into six sections. Use that break-down to manage your exercise time and target areas you want to develop. Remember the key here is balancing strength and flexibility in the important muscle groups and for the whole body. Most exercises in this program only require your body, a chair, some space on the floor and a strong clear wall. The opportunity to increase the difficulty of the exercises is available for those who choose to do so. Whether it's the water bottle at your desk or a hammer from a toolbox, simple things found around your workspace can be used to make the exercises more challenging when you are ready for it.

***Stretches should be held for between 20 and 30 seconds and repeated two to three times. Remember to maintain nice deep breaths while stretching.

***Strength exercises should be completed in two or three sets of 8 to 12 repetitions.

Should you have any questions regarding the program or any other wellness issues, do not hesitate to contact:

Suzanne McIntosh, Wellness Coordinator
University of Lethbridge
403-332-5217
Office SU020E

suzanne.mcintosh@uleth.ca
<http://www.uleth.ca/hum/wellness>



Upper Body Stretches



1. FINGER
BEND AND
STRAIGHTEN

2. HEAD TILT AND
STRETCH



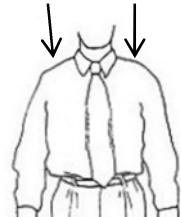
*** Fit Tip ***

Always warm up the body prior to stretching, as this increases blood flow around the body, which in turn makes the muscles more supple.



3. CHIN TUCK to
CHEST

4. SHOULDER
SHRUG & HOLD
DOWN



Upper Body Stretches



**5. Overhead ARM
PUSH**

**6. Wrist
Stretch**



**7. Door Way
Chest Stretch**



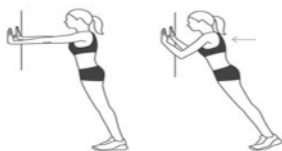
**8. SHOULDER
ROLLS**



***** Fit Tip *****

Remember to maintain deep breathing while holding the stretches to keep the oxygen flowing to the muscles!

Upper Body Strength

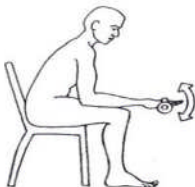


1. Standing Push Ups

*** **Fit Tip** ***

Make sure to take 1 to 2 minutes of rest between each set of the 8 to 12 repetitions. Use this time to relax the muscles and hydrate!

2. Wrist curls



3. Chair Dips

4. Bicep Curl

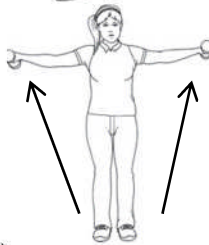


Upper Body Strength



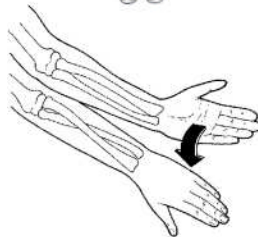
5. FRONT RAISE

6. SIDE RAISE



*** **Fit Tip** ***

When completing strength exercises exhale when exerting the force and inhale when returning back to starting position.

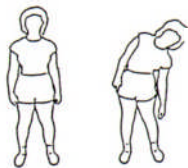


7. HAND PRONATION AND SUPINATION

8. GRIP AND SQUEEZE



Back Stretches



1. Side bend

2. Torso Twist

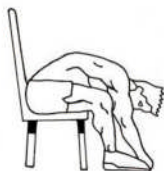
*** **Fit Tip** ***

Never bounce while stretching. When stretching you should feel some slight discomfort, stop immediately if you feel any severe pain.



3. Upper Back Stretch

4. Forward bend Mid back stretch



Back Stretches

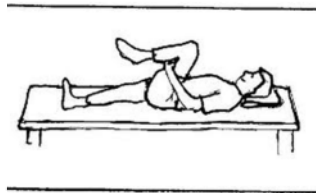


5. SHOULDER BLADE SQUEEZE

*** Fit Tip ***

While focusing on deep breathing when stretching, try to make the breaths as rhythmic as possible to keep oxygen intake consistent!

6. Lower Back and Hip Stretch



7. Upper Body Hang Stretch

8. Forward ARM PUSH

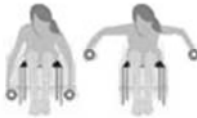


BACK Strength



1. BENT OVER ROW

2. Reverse Fly



3. Good Morning



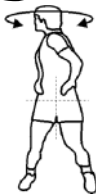
4. Seated Rollback



*** **Fit Tip** ***

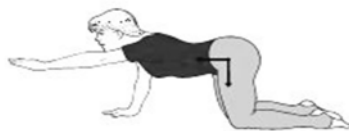
Back muscles are just as important as the abdominal muscles. If you want to have a strong core, you must have both strong abs and strong back muscles.

BACK Strength



5. Upper Body Twist

6. Single Limb Raise ON HANDS AND KNEES



7. ALTERNATING SUPERMAN ON HANDS AND KNEES (trace Square Shapes With raised Limbs)

8. ROLL UPS



*** Fit Tip ***

Keep the core engaged (abs tightened) without holding your breath while completing these exercises.

Lower Body Stretches

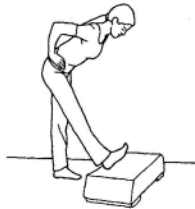


1. Quad Stretch

*** **Fit Tip** ***

Stretching helps to improve posture and physical performance as well as reduce the risk of injury to the body.

2. Hamstring Stretch



3. Calf Stretch



4. Ankle Circles



Lower Body Stretches



5. CROSS Leg Stretch

6. SHIN Stretch

*** **Fit Tip** ***

Yoga is another way to stretch your body while also working on balance, endurance and stress relief.

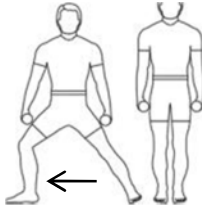


7. TOE POINT AND FLEX

8. HEEL DROP



LOWER BODY STRENGTH

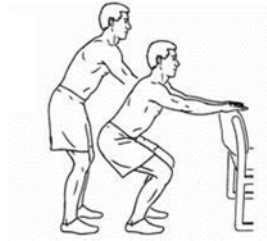


1. Side LUNGE

2. CHAIR SQUATS

*** Fit Tip ***

You want to challenge yourself, not hurt yourself. Focus on learning how to do each exercise rather than how many exercises you're doing.



3. LUNGE

4. CALF RAISES



LOWER BODY STRENGTH



5. Hip Abduction

*** Fit Tip ***

Give yourself at least a day of rest to recover from strength training. Remember to also stay hydrated before during and after your workouts!

6. Hip Extension



7. Knee Extension

8. Stairs/Step Ups



Physical Activity Readiness
Questionnaire - PAR-Q
(revised 2002)

PAR-Q & YOU

(A Questionnaire for People Aged 15 to 69)

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active.

If you are planning to become much more physically active than you are now, start by answering the seven questions in the box below. If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor before you start. If you are over 69 years of age, and you are not used to being very active, check with your doctor.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly: check YES or NO.

- | YES | NO | |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | 1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor? |
| <input type="checkbox"/> | <input type="checkbox"/> | 2. Do you feel pain in your chest when you do physical activity? |
| <input type="checkbox"/> | <input type="checkbox"/> | 3. In the past month, have you had chest pain when you were not doing physical activity? |
| <input type="checkbox"/> | <input type="checkbox"/> | 4. Do you lose your balance because of dizziness or do you ever lose consciousness? |
| <input type="checkbox"/> | <input type="checkbox"/> | 5. Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity? |
| <input type="checkbox"/> | <input type="checkbox"/> | 6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition? |
| <input type="checkbox"/> | <input type="checkbox"/> | 7. Do you know of any other reason why you should not do physical activity? |

If
you
answered

YES to one or more questions

Talk with your doctor by phone or in person BEFORE you start becoming much more physically active or BEFORE you have a fitness appraisal. Tell your doctor about the PAR-Q and which questions you answered YES.

- You may be able to do any activity you want — as long as you start slowly and build up gradually. Or, you may need to restrict your activities to those which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice.
- Find out which community programs are safe and helpful for you.

NO to all questions

- If you answered NO honestly to all PAR-Q questions, you can be reasonably sure that you can:
- start becoming much more physically active — begin slowly and build up gradually. This is the safest and easiest way to go.
 - take part in a fitness appraisal — this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively. It is also highly recommended that you have your blood pressure evaluated. If your reading is over 144/94, talk with your doctor before you start becoming much more physically active.

DELAY BECOMING MUCH MORE ACTIVE:

- if you are not feeling well because of a temporary illness such as a cold or a fever — wait until you feel better; or
- if you are or may be pregnant — talk to your doctor before you start becoming more active.

PLEASE NOTE: If your health changes so that you then answer YES to any of the above questions, tell your fitness or health professional. Ask whether you should change your physical activity plan.

Informed Use of the PAR-Q: The Canadian Society for Exercise Physiology (Health Canada), and their agents assume no liability for persons who undertake physical activity, and if in doubt after completing this questionnaire, consult your doctor prior to physical activity.

No changes permitted. You are encouraged to photocopy the PAR-Q but only if you use the entire form.

NOTE: If the PAR-Q is being given to a person before he or she participates in a physical activity program or a fitness appraisal, this section may be used for legal or administrative purposes.

"I have read, understood and completed this questionnaire. Any questions I had were answered to my full satisfaction."

NAME _____

SIGNATURE _____

DATE _____

SIGNATURE OF WITNESS _____

WITNESS _____

or SIGNATURE (for participants under the age of majority)

Note: This physical activity clearance is valid for a maximum of 12 months from the date it is completed and becomes invalid if your condition changes so that you would answer YES to any of the seven questions.



© Canadian Society for Exercise Physiology

Supported by



Health Canada

Santé Canada

continued on other side...

CANADA'S

Physical Activity Guide

to Healthy Active Living

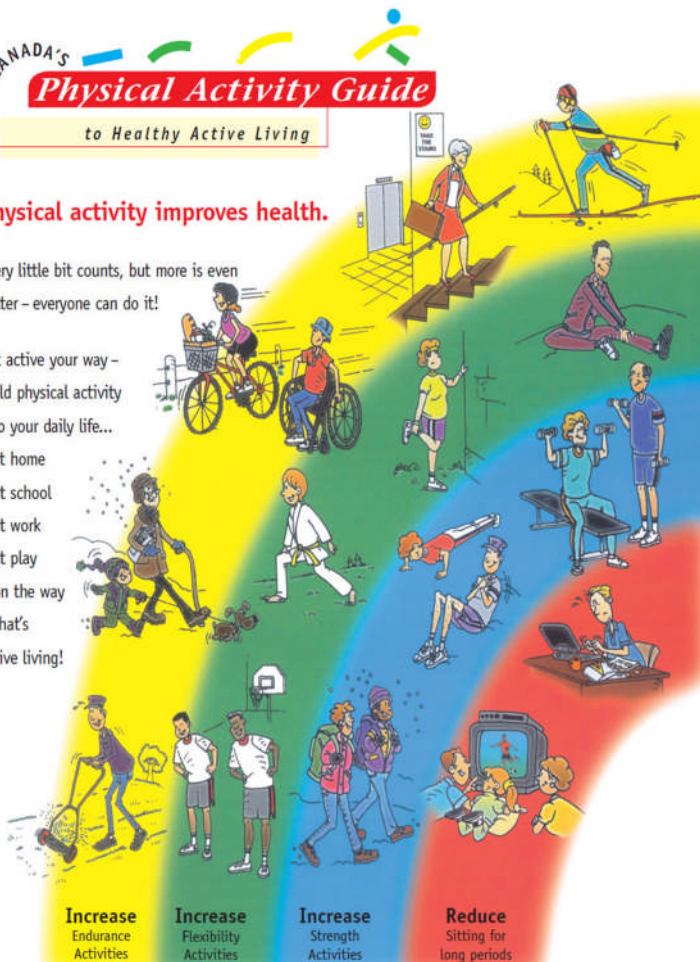
Physical activity improves health.

Every little bit counts, but more is even better – everyone can do it!

Get active your way –
build physical activity
into your daily life...

- at home
- at school
- at work
- at play
- on the way

...that's
active living!



Increase
Endurance
Activities

Increase
Flexibility
Activities

Increase
Strength
Activities

Reduce
Sitting for
long periods