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:
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Upper Body Stretches

1. Finger bend and straighten

2. Head tilt and stretch

3. Chin Tuck to chest

4. Shoulder Shrug & Hold down

*** 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.
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

2. Wrist Curls

3. Chair Dips

4. Bicep Curl

*** 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!
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
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Back Stretches

5. Shoulder Blade Squeeze

6. Lower Back and Hip Stretch

7. Upper Body Hang Stretch

8. Forward Arm Push

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

2. Hamstring Stretch

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

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
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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
1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?
2. Do you feel pain in your chest when you do physical activity?
3. In the past month, have you had chest pain when you were not doing physical activity?
4. Do you lose your balance because of dizziness or do you ever lose consciousness?
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?
6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
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 flu — 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.

Information 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 ______________________

SIGNATURE OF PARENT ______________ (for participants under the age of majority) 

DATE ______________________

WITNESS ______________________

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.
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