

# CALMING BEDTIME ROUTINE

**5** **x** **5** **x** **5**  
**MOVEMENTS** **MINUTES** **TIMES A WEEK**



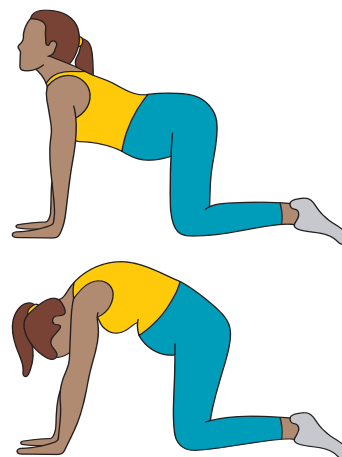
## NECK SIDE STRETCH

10 sec each side x 3.



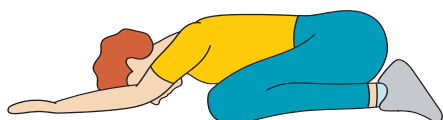
## SEATED SIDE BEND

10 sec each side x 3.



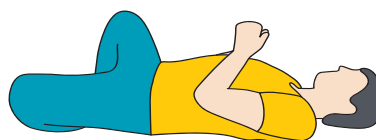
## CAT-COW

Complete 5 times.



## CHILD'S POSE

Hold 30 – 60 sec.



## RECLINED BUTTERFLY STRETCH

Hold 30 – 60 sec.

**This routine is designed to stretch and release muscles and relax before bed. Sweet dreams!**

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**5** **x** **5** **x** **5**  
**MOVEMENTS** **MINUTES** **TIMES A WEEK**

**This routine is designed to stretch and release muscles and relax before bed.**

## NECK SIDE STRETCH

Sit up straight, place your hands on your knees, and sit tall. Reach over your head with your left hand place your left palm on the right ear and gently drop your left ear towards your left shoulder hold for 10 seconds and return to the starting position. Change sides. Complete 3 times on each side.



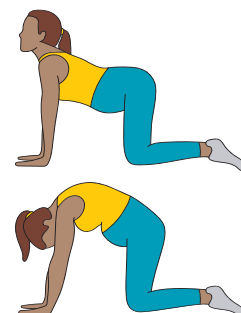
## SEATED SIDE BEND

Sit up straight, and bend to the left, stretching your right arm up and over your head. Place your left palm or forearm on the floor beside you. Stay here for 10 seconds and release back to the starting position. Change sides and complete 3 times.



## CAT-COW

Get on your hands and knees on the floor, with wrists under your shoulders and knees under your hips. Inhale and curve your spine down towards the floor, push your chest forward, and look forward. As you exhale, round your spine towards the ceiling so it is arched like an angry cat and look towards your thighs. Complete 5 times.



## CHILD'S POSE

Kneel on the floor, with knees spread out wide and big toes touching. Tops of feet should be facing the floor. Sit back down on your heels and slowly bend forward, keeping your bottom on your heels. Stretch your arms out in front of you, placing your palms on the floor and dropping your chin to your chest. Slide your palms forward as far as feels comfortable and hold this position for 30 to 60 seconds. Feel free to place a yoga block or pillow under your head for more support.



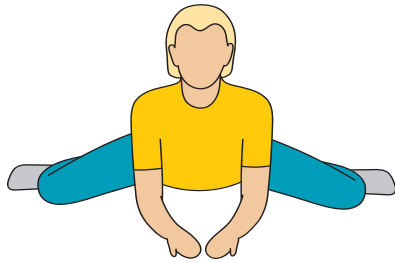
## RECLINED BUTTERFLY STRETCH

Lie flat on your back on the floor. Bring the soles of your feet together, spreading your knees out to each side. Bring your heels as close to your bottom as possible. Place your hands on your belly or out to the side. Hold this position for 30 to 60 seconds. Feel free to use a yoga block or blanket under each knee for more support.



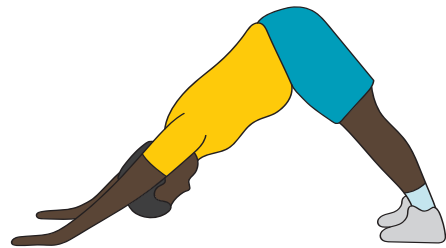
# ENERGISING MORNING ROUTINE

**5** **x** **5** **x** **5**  
**MOVEMENTS** **MINUTES** **TIMES A WEEK**



## FROG STRETCH

Hold 30 – 60 sec.



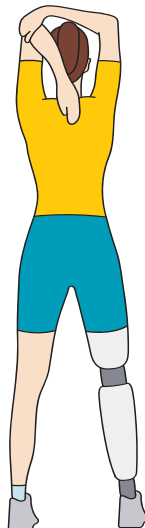
## DOWNWARD DOG

Hold 30 sec x 2.



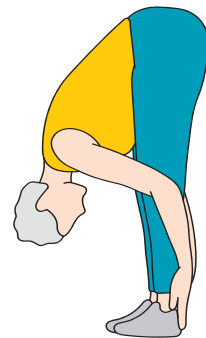
## KNEELING HIP FLEXOR STRETCH

Hold 30 sec each side.



## OVERHEAD TRICEPS STRETCH

Hold 30 sec each side.



## STANDING FORWARD FOLD

Hold 30 – 60 sec.

**This morning routine is designed to boost energy and limber up.  
Have a lovely day!**

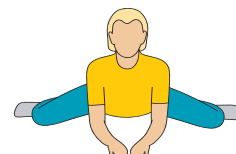
# ENERGISING MORNING ROUTINE

**5** **x** **5** **x** **5**  
**MOVEMENTS** **MINUTES** **TIMES A WEEK**

**This routine is designed to boost energy and limber up for the day.**

## FROG STRETCH

Get on your knees on the floor and rest on your forearms. Turn out your feet and widen your knees, sinking towards the floor till you feel a stretch. Hold for 30 seconds.



## DOWNWARD DOG

Get on your hands and knees on the floor, hands shoulder-width apart and fingers spread out. Flex your ankle and curl your toes under your heels, engage your core, exhale, and lift your knees off the floor. Straighten your legs and push your hips towards the ceiling. Lower your heels towards the floor. Keep your chin tucked, the top of your head in a straight line with the rest of your spine. Look towards your ankles and keep your ears between your arms. Hold for 30 seconds then return to starting position. Repeat.



## KNEELING HIP FLEXOR STRETCH

Get down on one knee. The foot of the kneeling leg should be pressed on the floor. Keeping your back straight, lean forward to stretch the front of the hip of the kneeling leg. Slide the front foot forward to get a deeper stretch. Hold for 30 seconds. Return to the starting position and repeat on the other side. Use a blanket under your knee if needed.



## OVERHEAD TRICEPS STRETCH

Lift your left hand to the ceiling, then bend your elbow to bring your left palm towards the centre of your back, resting your middle finger along your spine. Use your right hand to gently pull your elbow to reach further down your spine. Hold for 30 seconds, then repeat on the other side.



## STANDING FORWARD FOLD

Stand up straight with your feet hip-width apart. Slowly bend forward from your hips and let your upper body hang down, relaxing your head and neck. Hold this position for 30 seconds and slowly come back up to standing. Repeat.



# OFFICE WORKER ROUTINE

5

MOVEMENTS

x

5

MINUTES

x

5

TIMES A WEEK



## TORSO TWIST

Hold 30 sec each side.



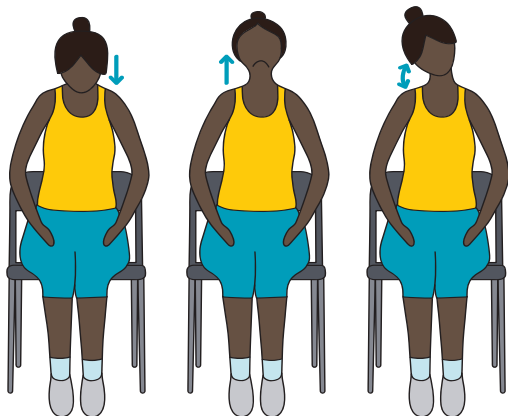
## SEATED HIP STRETCHES

Hold 30 sec each side.



## SHOULDER ROLLS

5 forward rolls,  
5 backwards rolls.



## FOUR-WAY NECK STRETCH

Hold for 10 sec each direction.



## ANKLE FLEXION

Point for 3 sec, flex for 3 sec,  
repeat x 3 on each side.

**This routine is designed to stretch and release muscle groups used in typical desk work, and can be completed from your chair.**



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Department of Health



# OFFICE WORKER ROUTINE

**5** **x** **5** **x** **5**  
**MOVEMENTS** **MINUTES** **TIMES A WEEK**

**This routine is designed to stretch and release muscle groups used in typical desk work, and can be completed from your chair.**

## TORSO TWIST

Sit up straight with your feet on the floor. Slowly twist your torso to the right, placing your left hand on your right knee and your right hand on your right hip. Keep your chin up, and lean into the twist for more stretch. Hold that position for 30 seconds. Come back to the centre then repeat on the other side.



## SEATED HIP STRETCHES

Sit up straight and cross your left ankle over your right knee. Flex your left foot towards your left knee and slightly lean forward from the hips until you feel the stretch in your left outer hip. Hold for 30 seconds, then place your foot back on the floor then repeat on the other side.



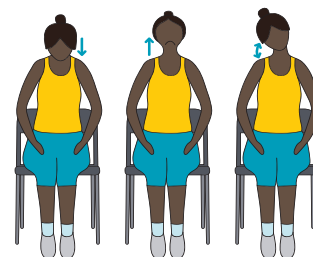
## SHOULDER ROLLS

Sit up straight with your feet flat on the floor. Shrug your shoulders up to your ears and roll them back then down and all the way back around to the starting position in a smooth circular motion. Repeat this movement, making 5 full circles. Change direction and roll the other way for 5 full circles.



## FOUR-WAY NECK STRETCH

Sit up straight with your feet on the floor, hands on your thighs, and shoulders down. Drop your chin to your chest and hold for 10 seconds. Return to centre. Tip head back to stretch the front of the neck and hold for 10 seconds. Return to centre. Tip head to one side and hold for 10 seconds. Return to centre. Tip head to the other side and hold for 10 seconds.



## ANKLE FLEXION

Sit up straight and lift your left leg straight out in front of you, keeping your right foot flat on the floor. Flex the toes of your left foot towards you and hold for 3 seconds then slowly release the tension and point your toes away from you hold for 3 seconds. Complete 3 times and then repeat on the other side.



# SEATED STRETCH ROUTINE

5

MOVEMENTS

x

5

MINUTES

x

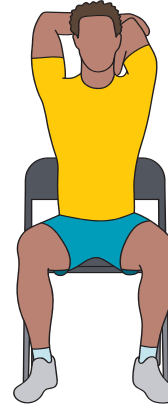
5

TIMES A WEEK



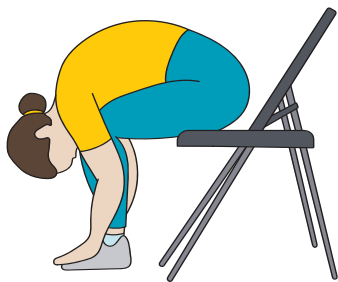
## ANKLE CIRCLES

5 circles clockwise, 5 circles anticlockwise, repeat on the other side.



## OVERHEAD TRICEPS STRETCH

Hold for 30 sec, repeat on the other side.



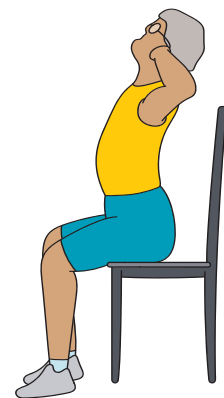
## FORWARD FOLD SEATED

Hold 30 – 60 sec.



## SEATED SIDE BEND

Hold for 10 sec on each side x 3.



## THORACIC EXTENSION STRETCH

Hold 30 – 60 sec.

**This is a full body stretch that can be completed sitting down in a chair.  
Any chair or seat will do!**



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Department of Health



# SEATED STRETCH ROUTINE

**5** **x** **5** **x** **5**  
**MOVEMENTS** **MINUTES** **TIMES A WEEK**

**This is a full body stretch that can be completed sitting down in a chair.**

## ANKLE CIRCLES

Sit up straight and lift your left leg straight out in front of you, keeping your right foot flat on the floor. Begin to slowly rotate your left ankle in a circular motion, keep this movement small. Complete 5 circles clockwise and 5 circles anticlockwise. Repeat on the other side.



## OVERHEAD TRICEPS STRETCH

Sit up straight and lift your left hand to the ceiling, then bend your elbow to bring your left palm towards the centre of your back, resting your middle finger along your spine. Use your right hand to gently press your elbow down to reach further down your spine. Hold for 30 seconds, then change sides.



## FORWARD FOLD SEATED

Sit up straight with your feet flat on the floor and hip-width apart. Slowly bend forward from your hips and let your upper body hang down, relaxing your head and neck. Hold this position for 30 to 60 seconds and slowly come back up to seated.



## SEATED SIDE BEND

Sit up straight and bend to the left bringing your right arm up and over to the left keeping it stretched out. Place your left palm on the side of your chair for balance. Stay here for 10 seconds and release back to the starting position. Change sides and repeat 3 times.



## THORACIC EXTENSION STRETCH

Sit up straight, place your hands on the back of your head with elbows out to the sides. Squeeze your shoulder blades together, and keep your eye gaze forward. Hold for 30 to 60 seconds.





# WHILE-YOU-WAIT ROUTINE

**5** **x** **5** **x** **5**  
**MOVEMENTS** **MINUTES** **TIMES A WEEK**

**This routine is designed to be done whenever you have time standing around – at the bus stop, in a queue or waiting for your cuppa to brew.**

## CALF RAISES

Standing up straight, go up onto your toes to raise your heels off the floor. Hold this position for 10 seconds, and then slowly lower your heels back down. Repeat 3 times.



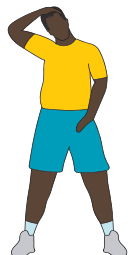
## SHOULDER ROLLS

Standing up straight, shrug your shoulders up to your ears and roll them back then down and all the way back around to the starting position in a smooth circular motion. Repeat this movement, making 5 full circles. Change direction and roll the other way for 5 full circles.



## NECK SIDE STRETCHES

Standing up straight, reach over your head with your left hand and place your left palm on the right ear and gently drop your left ear towards to your left shoulder hold for 10 seconds and return to the starting position. Change to the other side. Repeat 3 times.



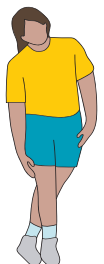
## REVERSE SHOULDER STRETCH

Standing up straight, place your feet shoulder-width apart. Clasp your hands behind your back with thumbs pointing towards the floor. Stand tall, open your chest, and lift your arms up and away from your body until you feel the stretch in the front and back of your shoulders. Hold for 30 seconds.



## TWISTED SIDE BEND

Standing up straight, cross your right foot behind your left foot and slightly push your hip out to the right until you feel the stretch at the outside of your hip. Hold for 30 seconds, then change sides.



# WHILE-YOU-WAIT ROUTINE

5

MOVEMENTS

x

5

MINUTES

x

5

TIMES A WEEK



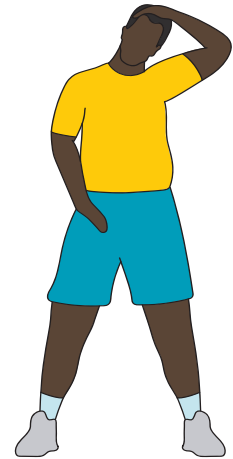
## CALF RAISES

Hold for 15 sec x 3.



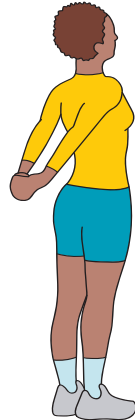
## SHOULDER ROLLS

5 forward rolls,  
5 backwards rolls.



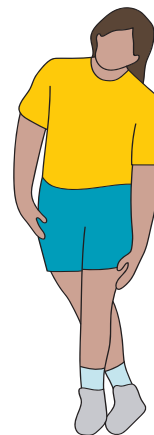
## NECK SIDE STRETCHES

Hold for 10 sec on  
each side x 3.



## REVERSE SHOULDER STRETCH

30 sec hold.



## TWISTED SIDE BEND

30 sec hold each side.

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