Food Safety and Inspection Service

Wellness Training Program

Job Aid Four: Stretching Exercises

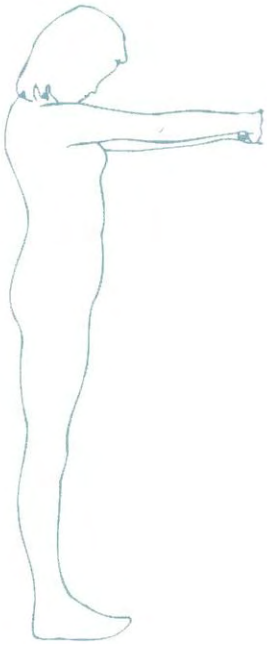
A variety of stretching exercises can help your body to relax. Here are three simple ones:

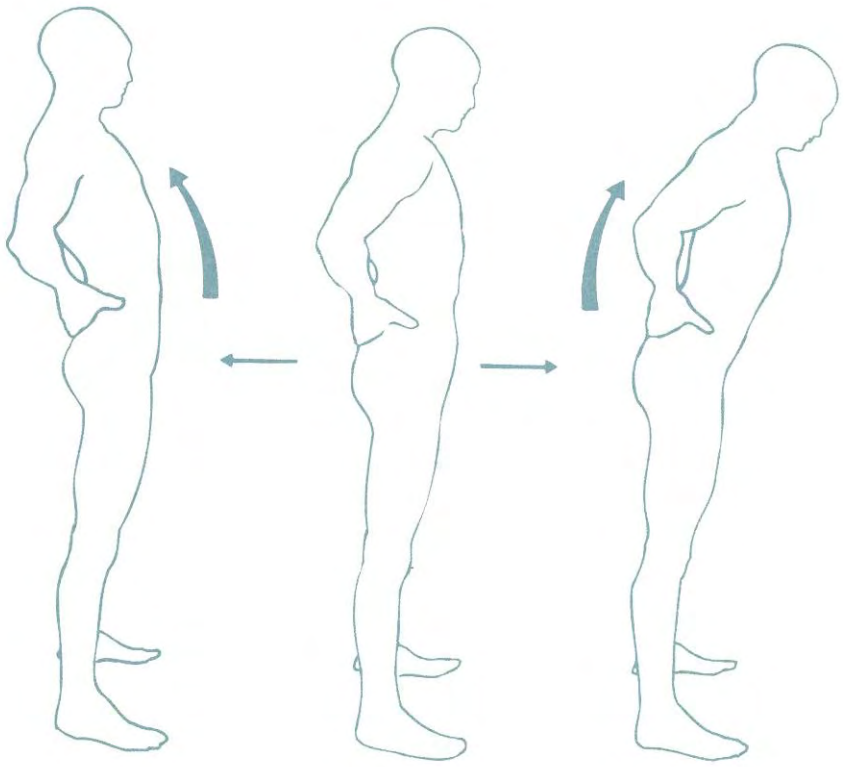
Neck Stretch

- Stretch your neck by gently rolling your head in a half circle starting at one side.
- Drop your chin to your chest.
- Roll your head in a half circle to the other side.
- Repeat two or three times, gently rolling.

Shoulder Stretch

- Extend your arms in front of you at shoulder height and interlace your fingers.
- Turn your palms outward.
- Lower your chin to your chest and extend your arms forward.
- Hold for 10 to 20 seconds.
- Repeat two more times.



Back Bend

- Stand and place your palms on your lower back.
- Slowly lean your upper body back without overextending your neck and hold for five seconds.
- Slowly lean forward until you feel your lower back muscles stretch. Hold for five seconds.
- Repeat these steps twice.