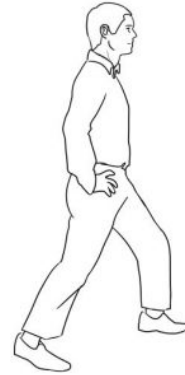


Leg and Hip Ergonomic Exercises

Calf Stretch

When sitting, it's easy for our legs to become numb and stiff. The calf stretch is a great stretch to rejuvenate the muscles and increase blood flow to that area.

1. Begin by standing tall and facing forward
2. Place one foot a large step behind the other
3. Slowly push into the front foot while keeping the other planted firmly on the ground
4. Allow the front knee to bend
5. Hold the stretch in the back leg for 10 seconds, then relax
6. Bring both feet back to your midline, then switch feet
7. Repeat the stretch on the other side for another 10 seconds, then relax



Leg Lift

The leg lift is a great office stretch to regain some momentum and feeling in your quadriceps and hamstrings, especially after sitting at a desk all day. It also helps to increase blood flow to the area and release tension in the knees and ankles.

1. Begin by sitting at the edge of your chair, leaving a healthy gap between the chair and the cubicle desk.
2. Keep both feet planted firmly on the floor and your knees bent at a ninety-degree angle
3. Keep a straight leg and lift one leg off the floor
4. Feel a stretch along the back of your leg and hold for 10 seconds, then lower back down
5. Repeat on the other side



Hip Stretch

More than any other joint, the hips become alarmingly tight when you're sitting all day at the cubicle. The hip stretch helps to break up built-up tension in the hips.

1. Begin by sitting on the edge of your chair with your feet firmly on the ground
2. Lift one leg and cross it over the other right above the knee
3. Grasp your bottom knee with your hand on the opposite side
4. Gently apply pressure to the bottom leg while looking over your shoulder
5. Feel the stretch along your lower back and hip and hold for 10 seconds
6. Lower your legs back to the starting position
7. Repeat on the other side

