



# Stretching

*'Daily stretching aids in improving flexibility, circulation, range of motion, posture, and daily energy levels'*

*Take a break!  
Get Up!  
Move!*

*'Research shows that static stretching helps to reduce injury rates and improve recovery from injury'*



It is suggested to take regular breaks from computer or office based work every twenty to thirty minutes. Perform these stretches frequently throughout your day, aiming for a few minutes every hour. Regular changes in posture and stretching can allow muscles to recover following prolonged periods of inactivity.



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