

VSAKA VADBA ŠTEJE!

*Ste preobremenjeni z
delom?*

*Se težko koncentrirate
na opravljanje naloge?*

Vzemite si **nekaj
minut zase** – naredite
9 preprostih vaj!

Najnovejše raziskave
kažejo, da se
produktivnost
zaposlenih zviša, če
med delom opravijo
nekaj osnovnih vaj.

Vrsta vadbe ni
pomembna –
pomembno je, da se pri
izvajanju vaj počutite
dobro, ko jih zaključite
pa **ODLIČNO!**

The Work **Better** Office Workout

All stretches should be performed slowly and carefully, and held for 30 seconds. They should never be painful. If you experience any discomfort, please consult a medical practitioner.



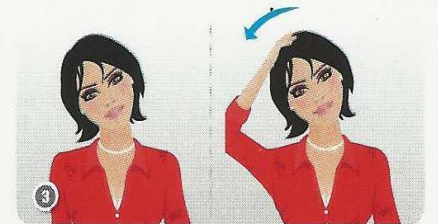
1

Pull your head forward, chin into chest. Feel stretch at back of neck.



2

Clasp hands together, stretch arms and neck forward. Feel stretch between shoulder blades



3

Facing forward, pull ear down to shoulder. Feel stretch in opposite upper shoulder and side of neck.



4

Clasp hands behind head. Push elbows backwards. Feel stretch in anterior chest/pecs.



5

Clasp hands and stretch arms above head. Feel stretch down side of arms and side of chest.



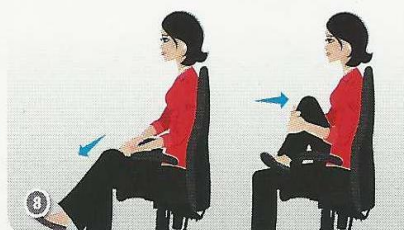
6

Stretch arm across body at shoulder level. Feel stretch at the back of shoulder and upper arm.



7

Rest ankle onto opposite knee. Lean forward at hips. Feel stretch in buttock and upper thigh.



8

Cross one leg over the other. Pull knee towards opposite shoulder. Feel stretch on outside of thigh.



9

Sit on edge of chair. Keep one leg bent and the opposite leg straight. Bend forward at hips (not lower back). Feel stretch at back of straight leg.