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RESILIENCE BEGINS AT HOME: KEEP MOBILE!

Many of us are working from home and not always with ergonomic furniture at our disposal. Sitting in one place all day can take its toll on your body. Luckily, we've got just the thing - some 'at your desk' exercises to keep you supple of limb and to fend off any aches and pains!

1

MARCH TO ALL YOUR SESSIONS!

This exercise will strengthen hips and thighs and improve flexibility.

- A. Sit upright and do not lean on the back of the chair. Hold on to the sides of the chair.
 - B. Lift your left leg with your knee bent as far as is comfortable. Place your foot down with control.
 - C. Repeat with the opposite leg.
- Perform 5 lifts with each leg.

2

ANKLE STRETCH

This stretch will improve ankle flexibility and lower the risk of developing a blood clot.

- A. Sit upright, hold on to the side of the chair and straighten your left leg with your foot off the floor.
 - B. With your leg straight and raised, point your toes away from you.
 - C. Point your toes back towards you.
- Try 2 sets of 5 stretches with each foot.

3

ARM STRETCH

This exercise builds shoulder strength and relieves tension and is great for helping you to stay alert for another session.

- A. Sit upright with your arms by your sides.
- B. With palms forwards, raise both arms out and to the side, and up as far as is comfortable.
- C. Return to the starting position.

Keep your shoulders down and arms straight throughout. Breathe out as you raise your arms and breathe in as you lower them. Repeat 5 times.

4

NECK ROTATION

This stretch is good for improving neck mobility and flexibility.

- A. Sit upright with your shoulders down. Look straight ahead.
 - B. Slowly turn your head towards your left shoulder as far as is comfortable. Hold for 5 seconds and return to the starting position.
 - C. Repeat on the right.
- Do 3 rotations on each side.

5

NECK STRETCH

This stretch is good for loosening tight neck muscles.

- A. Sitting upright, look straight ahead and hold your left shoulder down with your right hand.
 - B. Slowly tilt your head to the right while holding your shoulder down.
 - C. Repeat on the opposite side.
- Hold each stretch for 5 seconds and repeat 3 times on each side.

6

BACK TWIST

Relieve tension in your back by doing this great back twist.

- A. To start, sit in your chair and place your right arm behind your right hip.
- B. Twist to the right side and hold for 10 seconds, then repeat on the other side.
- C. Aim to do three on each side.

Now that you have made sure your body is kept comfortable while you're working from home, why don't you check out how fit your business continuity management is?

Our current state assessments are the perfect way to check. They will provide feedback for you, validation to your senior executive and evidence for your auditors that you are maintaining a peak level for best practice and improving business continuity outcomes.

Visit: dcs.tech/bcm