

# More exercise – including at work

Not exercising enough can lead to backache or cardiovascular disease. Doing short exercises during your daily routine may benefit your health.

## **Stretch your neck muscles at the side**

Move your right hand over your head, place on your left temple and gently bend your head to the right. Keep your left arm extended at your side. While doing so, breathe in and out consciously. You should feel a stretch in your muscles. Then change sides and repeat the exercise.

## **Mobilise and stretch your shoulder muscles**

To mobilise these muscles, shrug your shoulders and keep them raised. Now move your shoulders slowly down again, pulling them back and stretching the muscles of the chest. Remain in this position.

To stretch the shoulder muscles, fold your hands together and extend your arms upwards so your palms are facing the ceiling. Hold this stretch.

## **Mobilise your hip joints**

First lift upwards from your chair. Raise one leg and rotate outwards. Do the same with the other leg. Move back to the middle with each leg and roll through the feet several times – from the tip of your toes to your heel.

## **Stretch your hip flexor muscle**

Bending your knee, grasp one leg level with your buttocks, bring your knees together and slip one foot into your hand from behind. Tense the muscles of the buttocks and feel the stretch in your thigh muscles at the front. Hold this position. Then change sides and repeat.

*Shake out your arms and legs afterwards.*



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