



Staying healthy is easy. Even regularly changing your body position gets you through the day fit and well. After all, remaining in the same position for too long isn't good for you because it places uneven strain on the body. These quick exercises can be performed at your desk or work bench and have an immediate beneficial effect – without you unduly exerting yourself. So simply get more mobile – let's go!



Starting in a standing position

Stand up straight, keeping your neck straight and extended. Move your feet roughly hip-width apart. Hold each position for around 15 seconds.



Starting in a sitting position

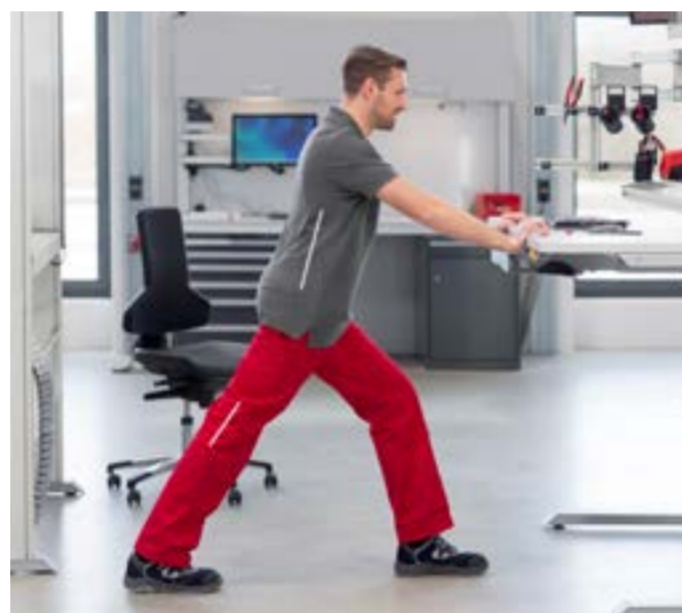
Sit up straight, placing both feet on the floor. Hold each position for around 15 seconds. The ideal sitting height is with your thighs sloping down slightly towards your knees.

Circulation



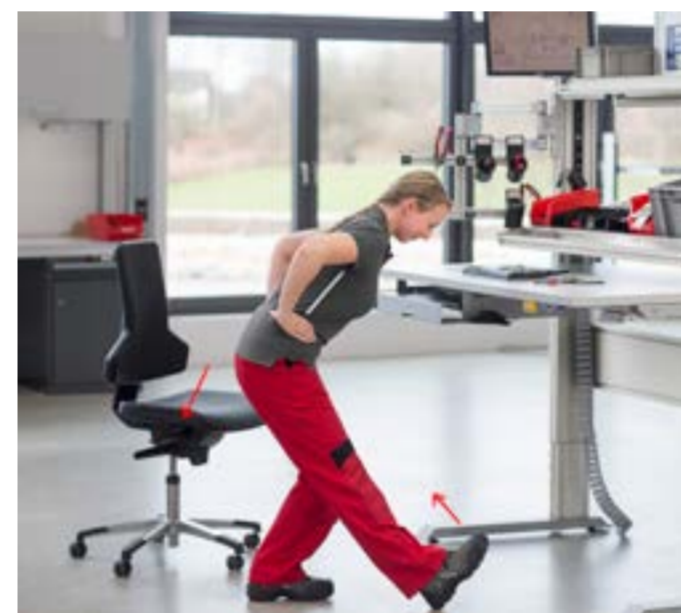
Stretching the front of the thigh

Grab your right foot with your right hand. Don't bend your back! Pull your foot upwards towards your bottom. Now switch sides.



Stretching the calf muscle

Adopt a stepping stance. Put your weight on your (bent) front leg and keep the heel of your rear leg on the floor. Slowly stretch the knee of your rear leg. Now switch sides.



Stretching the back of the leg

Keep the heel of your rear, bent leg on the floor. Keeping your front leg straight, raise your toes. Lower yourself gently towards the floor. Now switch sides.



Stretching the lateral muscles of the torso

Raise your arms and grasp your left wrist with your right hand. Tilt your arms, head and torso to the right. Now switch sides.

Back



Stretching the spine and arms

Interlock your fingers, turn your hands so that your palms are facing away from you and stretch your arms up in the air. Straighten your elbows. Let your shoulders drop.



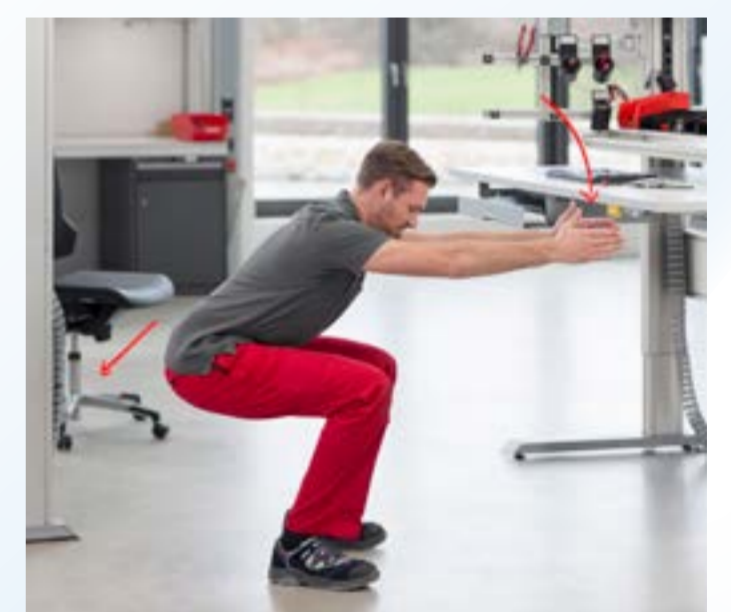
Stretching the middle part of the spine

Clasp your hands behind your back. Extend your arms downwards, keeping them straight. Push your sternum upwards.



Quick fix for the lumbar region

Place your hands on your lower back. Bend your upper body gently back.



Strengthening your back muscles

Stretch your arms out in front of you. Slowly crouch back and down towards the floor. Hold this position for ten seconds if you can.

Shoulders/neck



Stretching the neck

Tilt your head down. Interlock your fingers and place your hands behind your head. Move your elbows forward and carefully stretch.



Stretching the side of the neck

Lower your shoulders. Place one hand behind your head. Tilt your head to the side without turning it. Extend your other arm downwards. Now switch sides.



Stretching your forearm and fingers

Stretch one arm out in front of you at shoulder height. Point your fingers downwards. Use your other hand to extend them a little further. Now switch sides.

Small improvements with a big impact

Over a period of days and weeks, even slightly bad posture can have a significant negative impact on your body. Ergonomics tips from item explain what to look out for when it comes to work chairs, tool stowage and lighting to keep you strong and healthy over the long term.

All the tips are available free online at: <https://www.item24.de/en/productworld/work-bench-system/work-bench-system-faq.html>



Systematic ergonomics! item has become the first and only supplier of industrial work bench systems to be awarded the AGR seal of approval by Aktion Gesunder Rücken e. V. (the Campaign for Healthy Backs).

For further details go to: <https://www.agr-ev.de/en/>