



Western Cape  
Government

Education

FOR YOU



# GET UP!

# GET MOVING IN THE OFFICE



**Arm Stretch**  
Side view



**Arm Stretch**  
Foward view



**Arm Stretch**  
Right



**Arm Stretch**  
Left



**Neck Stretch**  
Right trap



**Neck Stretch**  
Left trap



**Chest Stretch**



**Back Stretch**



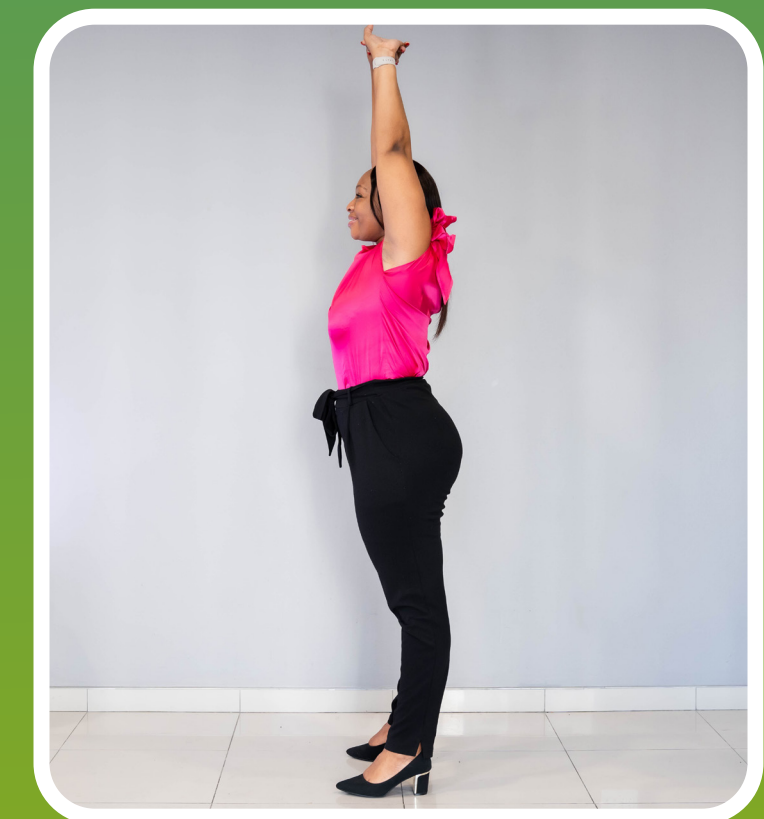
**Arm Stretch**  
Upwards



**Standing leg Stretch +  
Ankle roll**  
Alternate legs



**Standing Quad Stretch**  
Alternate legs



**Standing full body Stretch**