Sitting a while? Move for two minutes.

Gentle stretches you can do at your desk. Move slowly, and stop if anything hurts.



Shoulder rolls

Five back, then five forward.



Neck stretch

Ear towards shoulder, 15 seconds each side.



Seated twist

Sit tall, turn gently, 15 seconds each way.



Chest opener

Clasp your hands behind you and lift your chest.



Wrist stretch

Arm out, gently ease your fingers back.



Calf raises

Stand, rise onto your toes and lower, ten times.

If you have an injury or a health condition, check with your GP or physio first.

FREE 2-MINUTE CHECK-IN

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