

OFFICE WORKOUT

ENERGIZE YOUR WORKDAY

In Maersk you will probably be working at a desk or using a computer for long periods of time. Sitting for long stretches of time every day, especially at a computer, can take a toll on your body. Add to that poor posture and stress, it's no wonder you're feeling aches and pains at the end of the day.

Human bodies are made to move. That's why working "mini" activity breaks into your day can really make a difference in how you feel and even how well you perform your job. Even the busiest person can do it. Just five minutes of movement every hour or two can boost your energy and improve your attitude. You'll find that getting your blood pumping and oxygen circulating will help you concentrate better

and be more productive, calm, and efficient.

So why not de-stress, re-energize, jumpstart your brain, and work the kinks out of your body, each and every day?

Here's how:

Program No. 1

- > Breathe easily
- > No bouncing or forcing
- > No pain!
- > Feel the stretch
- > Relax

1. 5 seconds, 3 times



2. 5 seconds, 3 times



3. 5 seconds, 2 times



4. 5 seconds, 2 times



5. 5 seconds



6. 5 seconds each side



7. 5 seconds



8. 10 seconds each arm



11. 9 seconds each side



2. 5 seconds each side



5. 5 seconds each side



9. 10 seconds



12. 10 seconds



3. 5 seconds each side



6. 5 seconds each side



10. 10 seconds

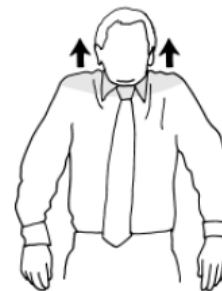


Program No. 2

1. 5 seconds each side



4. 5 seconds each side



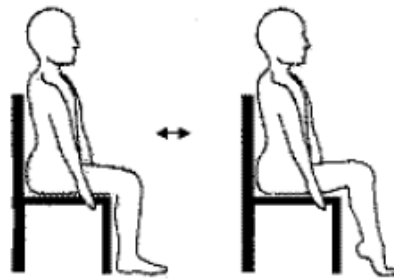
7. 8 seconds



8. 8 seconds

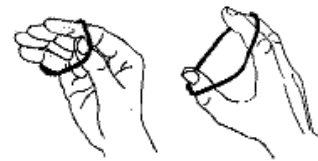


3 . Seated Calf Raises



Raise heels
Hold for a count of three

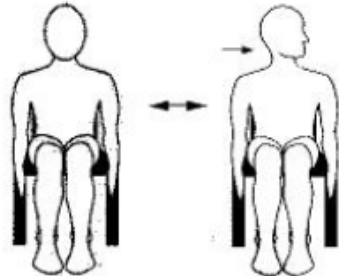
6 . Half/Finger Exercise



Don't just do seated stretches, but do some standing stretches too. Good for circulation.

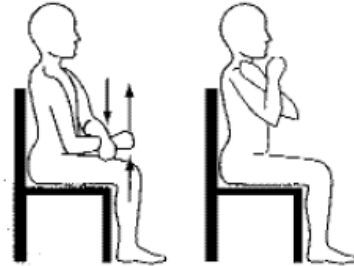
Program No. 3

1 . Lateral Neck Rotation



Hold for a count of three
Return to central position

4 . Resisted Arm Curls



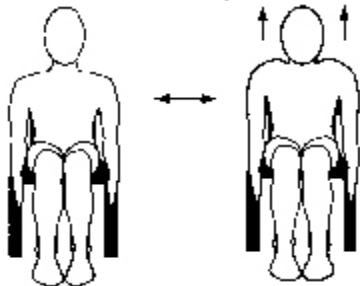
Gently raise lower arm against downward pressure from top arm
Hold for a count of three

No matter how fast your computer runs, you are always waiting for something to load while online. These stretches are for your upper body, especially neck, shoulders, and wrists.

*GCALOGHSSE
March, 2007*

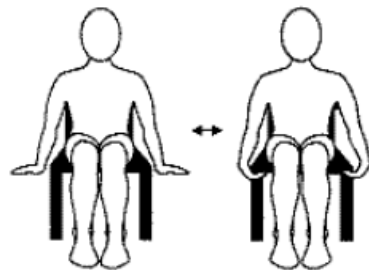
Whenever you are reading online, and not using the keyboard or mouse, you can do upper body stretches using both arms.

2 . Shoulder Shrugs



Gently raise and lower shoulders
Try not to compress the neck

5 . Wrist Rolling



After you follow these programs a few times, you will know these stretches by heart, thereafter do them frequently while online.