



**Keep Moving !**

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## **Get Ready to Move !**

An appropriate combination of stretching and light exercise can improve your mobility and flexibility to help you feel good and keep your body working at an optimal level. Regular light exercise will improve your cardiovascular fitness and the strength of your muscles, which can help prevent injury.

In our Voltaren® Gym Studio you can find exercises that teach you to stretch and strengthen, which can contribute towards helping you manage your muscle and joint pain.



## A. Category @Work:

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Uninterrupted sitting in front of a computer for long periods of time leads to back, shoulder and neck pain. Here are several tips and exercises to help you avoid this pain.

### 1<sup>st</sup> Exercise "Chair-Moving"



- Use the entire seating surface and backrest to sit upright.
- Adjust your desk and office chair to suit your size.
- Use a chair with a flexible back and adjust the stilt to your weight.



- Upper and lower arms as well as thighs and lower legs each form a right angle.
- Thighs should not touch the bottom of your desk.
- Legs should have enough space under the workplace; feet should not bump into anything.

### 2nd Exercise "Raise your Spirits"



1. Sit straight on a chair; stretch your arms out in front of you. Take a deep breath, lift your arms into a vertical position, then bend backwards and remain that way for two to three breaths.



2. Then, let your arms dangle down to your sides, bend over forwards until your upper body rests on your thighs. Allow your head to hang between your knees and relax like this for approximately 30 seconds.



3. Starting from the above position fold your hands behind your back and stretch them upwards as far as you can and hold this position for a couple of breaths.



4. Now place your hands on a desk at shoulder-level and push your chair back until your arms and back are stretched out. Then lightly press your upper body downwards, hold this position for two to three breaths and relax.

### **3rd Exercise "Release Tension"**



1. Place your hands behind your head. Try to press your elbows as far back as possible. Hold this position for a few seconds and breathe deeply.



2. Fold your hands behind your head, with your elbows at the same level as your ears. Slightly bend your upper body to the side. Stay that way for three to four breaths and then switch sides.

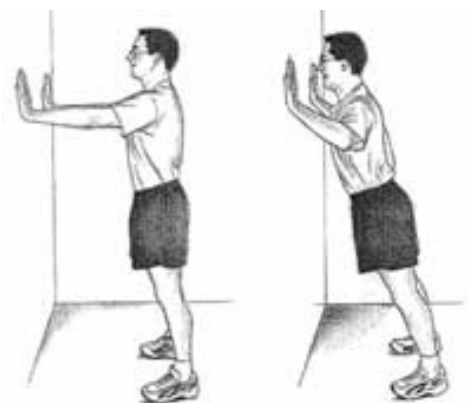


3. Pull your elbows from the back to the front and roll your head in. Push your chin as far towards your chest as possible. Avoid arching your back whilst doing so.



4. Cross your right leg over the left. Now slowly turn your torso to the right. Hold on to the armrest whilst doing so. Hold this position for 30 seconds and then switch sides.

#### **4th Exercise "Wall Push-Ups"**



Get up and get moving to warm up your body and start doing some wall exercises. It doesn't take a lot of time or effort to perform this simple and effective exercise.

By engaging in wall push-ups, you can increase your upper body strength and endurance. In order to increase your upper body strength you can perform wall-push ups in sets and reps. For example: 3 sets of 15 reps. Rest is allowed in between sets.

### 5th Exercise "Energy Flow"



1. Stand up with your legs slightly apart. Breathe in and out deeply several times. Lift your right foot and hold your balance for approximately 10 seconds – then do the same thing with your left foot.



2. Hold on to a table or chair, stand on tip toes – heels remain together – and stay in this position for approximately ten seconds. If you have a good sense of balance, try this without support.

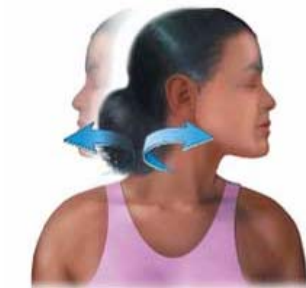


3. Next, walk in place for about one minute. Raise and lower heels alternately without pausing.



4. Subsequently roll your feet from the toes to the heels – again, alternate feet.

#### 6<sup>th</sup> -Exercise “Neck Stretching”



Sit down comfortably in your seat

Keep your chin straight and turn your head to the right and hold, and then to the left and hold.

Keep your chin straight and touch your right ear to your right shoulder and hold, and then touch your left ear to your left shoulder and hold.





## B. Category: @Travel

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The biggest problem is the lack of movement during the flight. Simply changing your sitting posture regularly during the flight helps keep muscles relaxed and helps prevent joints from becoming stiff. And if you also do several minutes of exercises during the flight, most problems will be avoided.

### 1<sup>st</sup> Inflight-Exercise "Ankle Circles"



Lift feet off the floor. Draw a circle with the toes, simultaneously moving one foot clockwise and the other foot counter clockwise. Reverse circles. Rotate in each direction for 15 seconds. Repeat if desired.

### 2<sup>nd</sup> Inflight-Exercise "Foot Pumps"

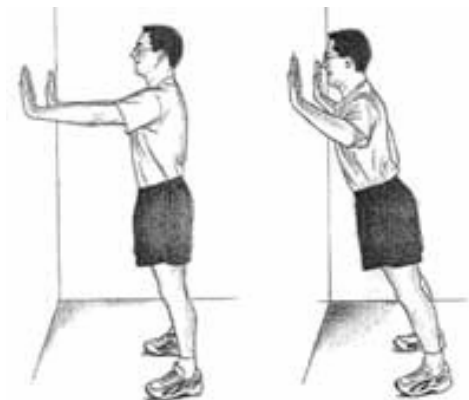


Foot motion is in three stages.

1. Start with both heels on the floor and point feet upward as high as you can.
  2. Then, Put both feet flat on the floor.
  3. Lift heels high, keeping balls of feet on the floor.
- Repeat these three stages in a continuous motion and at 30-second intervals.



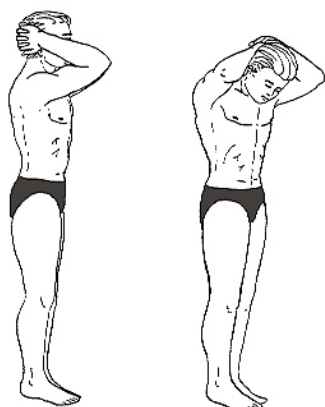
### 3<sup>rd</sup> Exercise "Wall Push-Ups"



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### 5th Exercise "Stretching"



In the standing position, place your hands behind your head and interlock your fingers. Use the hand and arm muscles to push your head forward and down. At the same time, utilize your neck muscles to resist this pushing motion. While exerting these opposing pressures, allow your head to be pushed forward until your chin rests on your chest. Relax the pressure on your head and return to the normal position. Repeat this exercise up to 10 times – 10 seconds each.



### **C. Category: @Home**

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There's a wide variety of home exercises that you can perform with little or no equipment - all you need is a bit of knowledge and some motivation!

If you add just a step box and some wrist weights, then the range of home exercises you can perform will increase dramatically.

#### **1st Exercise "Back Leg"**

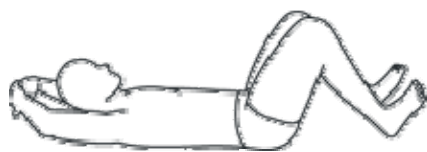


Particularly good for stretching back leg muscles.

Initial position: walking position.

Place one stretched leg on a stool or other box and place your hands behind your back. Now lean forwards keeping your back straight. (repeat ten times).

#### **2nd Exercise "Abdominal Muscles"**



For the general strengthening of your abdominal muscles.

Initial position: lie on your back with your knees bent.

Your crossed arms should be placed behind your head and then pulled apart.

Then lift your upper body and heels a few centimetres from the ground and hold that position for six to eight seconds (repeat exercise five to ten times).



### 3rd Exercise "Back Muscles"



For the strengthening of your back, buttocks, shoulder and back leg muscles.

Initial position: lie down on your stomach

First, cross your arms behind the back of your head, now lift your upper body, elbows and stretched legs slightly off the ground. Hold this position for approximately six to eight seconds (repeat six to ten times).

### 4th Exercise "Hip & Button"



Strengthening your hip and buttock muscles.

Initial position: lie on your side.

Brace stretched upper leg upward and hold for ten seconds. Toes should point to the front. (Repeat ten to fifteen times, alternatively by circling legs).

### 5th Exercise "Thigh"



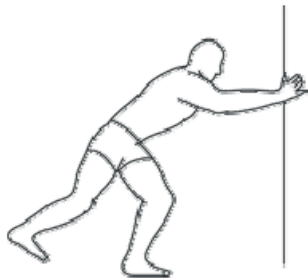
Stretches the front of your thigh and the hip flexor.

Initial position: lie on your side.

Bend the lower leg as much as possible, then grab the other leg behind your buttocks and stretch towards your body. Remain in this position for ten to thirty seconds, and then switch legs. (repeat five times).



#### 6th Exercise "Wall"



Mainly for stretching your calf muscles.

Initial position: propped up against a wall.

Assume a walking position up against the wall and press the heel of the stretched leg into the ground.

Hold this position for ten to thirty seconds, then switch legs and repeat with the other heel.

#### 7th Exercise "Straight Leg Raising"



Lie on your back with your knees straight, legs flat and arms by your side. Tighten the muscles on the top of the thigh (quadriceps), and at the same time push the back of the knee down into the table and raise only the heel.

Hold for 5 seconds, relax 5 seconds. Repeat this exercise 6 times on a firm surface at least 4 times a day.

#### 8<sup>th</sup> -Exercise "Neck Turns"



Turn your head as far as it will go to the left and at the same time stretch out your right arm horizontally. Hold for a few Seconds. Now turn your head as far as it will go to the right and stretch out your left arm. Repeat several times.