# Office Worker Preventative Exercises

This playbook provides a series of exercises and stretches tailored for office workers to help prevent common physical ailments such as lower back pain and poor posture. Regular practice can enhance overall well-being and work performance.

### Step 1: Preparation

Identify a comfortable space within your office where you can perform exercises without restriction. Ensure you have comfortable clothing that allows movement and if possible, a yoga mat or soft surface.

### Step 2: Warming Up

Start with a 5-minute warm-up to get the blood flowing. This can include walking in place, gentle marching, or arm circles to prepare your muscles for the stretches.

### Step 3: Neck Stretches

Gently tilt your head towards each shoulder and hold for 15-30 seconds to stretch the sides of your neck. Look up and down, holding each position, to stretch the front and back of the neck.

### Step 4: Shoulder Rolls

Rotate your shoulders in a circular motion, first forward then backward for 30 seconds each to relieve tension in the shoulder and neck area.

### Step 5: Wrist Exercises

Extend your arm out with palm facing down and gently pull back on your fingers to stretch the wrist. Hold for 15-30 seconds, then press the hand down for a counter-stretch.

### Step 6: Back Stretch

Stand up and place your hands on your lower back. Gently arch backwards and hold for 15-30 seconds, looking up to stretch your spine and chest.

### Step 7: Leg Stretches

While seated, extend one leg out and reach towards your toes, holding for 15-30 seconds to stretch the hamstring. Repeat on the other side.

### Step 8: Hip Flexors

Stand up and take a step back with one foot, bending your front knee. Push your hips forward to stretch the hip flexors. Hold for 15-30 seconds, then switch sides.

### Step 9: Final Relaxation

End your session with a cool-down by taking deep breaths and performing any additional gentle stretches that feel good for your body.

## General Notes

### Regular Practice

Incorporate these exercises into your daily routine, ideally every few hours, to maximize the preventative benefits.

### Mindfulness

Pay attention to your body and its limits during these exercises. Do not push into pain and always practice mindfulness to avoid injury.

### Hydration

Stay hydrated throughout the day, especially after doing these exercises, to aid muscle recovery and overall health.