



VBG Info

Exercise at the office

Fitness in day-to-day work

The following applies for all exercises:
Sit/stand as upright as possible, evenly breathing in and out.

→ Cervical spine



Place your hands on your thighs, in a relaxed position, and:

- 1 Turn your head to the right.
- 2 Turn your head to the front, then drop your chin down.
- 3 Raise your head, then turn it to the left.

Please perform all head movements slowly.

Repeat this exercise five times.

→ Arms/hands



Slide forward slightly in the chair, letting the arms hang down loosely, and:

- 1 With the left hand, bend the right hand down until you feel slight tension on the back of the hand – the elbow is slightly flexed.
- 2 Gradually extend the elbow until you feel tension in the entire forearm – hold.
- 3 Repeat the exercise, rotating the elbow downward and pulling the back of the hand towards the forearm.

Repeat the exercise with the other arm.

→ Arms/hands/fingers



Stretch the arms out to the front, and:

- 1 Perform gripping motions while alternately spreading the fingers far apart and making a fist.
- 2 Change the arm position in a flowing motion.
- 3 Let the arms hang loosely and shake out the hands.

Repeat the gripping motions ten times.

→ Pectoral girdle



Move your back away from the backrest, let the arms hang loosely, and:

- 1 Move the shoulders in a circular motion.
- 2 Push the shoulders forward, lift, push back and then down.
- 3 Perform the movements in the opposite order.

Repeat this exercise five times to the front and five times to the back.

→ Pectoral girdle/thoracic spine



Let the arms hang loosely, and:

- ① Bend the back and bring the shoulders forward while turning the thumbs in – breathe out.
- ② Straighten the upper body and bring the shoulders back while turning the thumbs out – breathe in.
- ③ Bring the shoulders forward while turning the thumbs in – breathe out.

Repeat this exercise five times.

→ Entire spine



Slide forward slightly on the seat bottom, and:

- 1 Put the right hand on the outside of the left knee, applying slight pressure with the hand.
- 2 Turn the upper body to the left while comfortably looking behind you over the left shoulder. Hold this position for 10 seconds.
- 3 Change sides.

Repeat this exercise five times.

→ Lumbar spine/pelvis



Slide forward slightly on the seat bottom, and:

- 1 Put your feet on the floor at hip width.
- 2 Tilt the pelvis forward to a slight hollow back position.
- 3 Then tilt the pelvis back until the back is rounded.

Slowly repeat this exercise ten times.

→ Legs/feet



Slide forward slightly on the seat bottom, letting the arms hang down loosely, and:

- 1** Lift the right foot off the floor, then bend and extend the foot in the ankle. Put the right foot on the floor.
- 2** Lift the left foot off the floor, then bend and extend the foot in the ankle. Put the left foot on the floor.
- 3** Repeat the exercise, moving the feet in a circular motion.

Repeat both exercises five times.

→ Entire body



Stand upright, and:

- 1 Place the feet shoulder width apart.
- 2 Alternately extend the arms upward, reaching for the ceiling with your hands.
- 3 To intensify the exercise, stand on tiptoe.

Repeat this exercise five times.



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A good chair alone is not enough

Tips for sitting correctly and getting more exercise during day-to-day office work



Sitting correctly helps keep the back healthy and prevent complaints. Regularly changing your sitting posture helps prevent one-sided strain.



Exercise during day-to-day office work reduces the risk of cardiovascular disease and excess weight. It also improves concentration and performance.

→ Sitting correctly



Proper adjustment of the individual seat height.

The seat height is correct when the thigh and lower leg form an angle of 90° or more and the feet can be placed on the floor in a relaxed position.

→ Sitting correctly



Proper adjustment of the individual seat height.

The shoulders should be relaxed, and the upper arms and forearms should also form an angle of 90° or more. It may be necessary to adjust the desk height.

→ Sitting correctly



The best sitting posture is always the next one.

Dynamic sitting means frequently changing between an upright, forward and backward sitting posture. This prevents one-sided strain.

→ Bring exercise to the office



If you have a height-adjustable desk, standing up to work is a good idea.

Make sure you switch regularly between a sitting and standing posture.

→ Bring exercise to the office



**Try standing up for phone calls
and in meetings.**

→ Bring exercise to the office



Seize every opportunity to stand up and walk a few steps, for instance to see colleagues, go to the printer, etc.

→ Bring exercise to the office



Take the stairs as often as possible.

Are you still sitting or already moving?



Take active breaks – with short exercises during day-to-day office work, for example!

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