

WHILE-YOU-WAIT ROUTINE

5 **x** **5** **x** **5**
MOVEMENTS **MINUTES** **TIMES A WEEK**

This routine is designed to be done whenever you have time standing around – at the bus stop, in a queue or waiting for your cuppa to brew.

CALF RAISES

Standing up straight, go up onto your toes to raise your heels off the floor. Hold this position for 10 seconds, and then slowly lower your heels back down. Repeat 3 times.



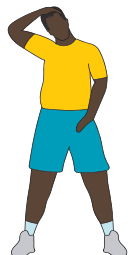
SHOULDER ROLLS

Standing up straight, shrug your shoulders up to your ears and roll them back then down and all the way back around to the starting position in a smooth circular motion. Repeat this movement, making 5 full circles. Change direction and roll the other way for 5 full circles.



NECK SIDE STRETCHES

Standing up straight, reach over your head with your left hand and place your left palm on the right ear and gently drop your left ear towards to your left shoulder hold for 10 seconds and return to the starting position. Change to the other side. Repeat 3 times.



REVERSE SHOULDER STRETCH

Standing up straight, place your feet shoulder-width apart. Clasp your hands behind your back with thumbs pointing towards the floor. Stand tall, open your chest, and lift your arms up and away from your body until you feel the stretch in the front and back of your shoulders. Hold for 30 seconds.



TWISTED SIDE BEND

Standing up straight, cross your right foot behind your left foot and slightly push your hip out to the right until you feel the stretch at the outside of your hip. Hold for 30 seconds, then change sides.



WHILE-YOU-WAIT ROUTINE

5

MOVEMENTS

x

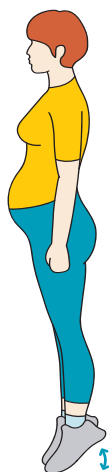
5

MINUTES

x

5

TIMES A WEEK



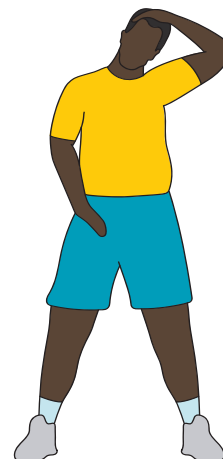
CALF RAISES

Hold for 15 sec x 3.



SHOULDER ROLLS

5 forward rolls,
5 backwards rolls.



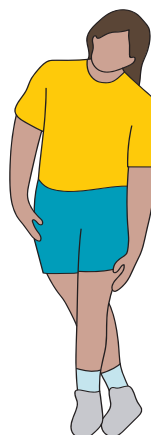
NECK SIDE STRETCHES

Hold for 10 sec on
each side x 3.



REVERSE SHOULDER STRETCH

30 sec hold.



TWISTED SIDE BEND

30 sec hold each side.

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Government of Western Australia
Department of Health

