

SIMPLE STRENGTHENING EXERCISES FOR EMPLOYEES

In order to improve your well-being and concentration, raise your energy level and strengthen your body, do each of the following exercises one by one or choose any of them:

1. CALVES

While tensing the calves, slowly raise your legs on your toes and then bring them down. Do this until the muscles feel tired. Do the exercise three times a day.

2. LUMBAR SECTION

Stand up and assume a stable position. Tighten your abdominal muscles. Then rest your hands on the lumbar section of the spine. Start pushing your abs to the back and keep your hands in the same position for six seconds. Do this exercise three times and remember to breathe.

3. ABDOMEN AND BACK

Imagine that there is an apple tree in front of you. For a few seconds, use your right hand to "unsuccessfully" reach for apples on the left side. Then change hands and reach for apples on the right side. When exercising, remember to breathe and pay attention to the pleasant tightening and stretching of the muscles of the abdomen and back.

3. BACK MASSAGE

Stand straight, with your feet parallel and planted hip-wide. Do not block your knees (i.e. do not over-straighten them), but do not bend them too much, stand naturally. Raise the tip of your head towards the ceiling, do not lift your chin and look straight ahead, move your shoulders away from your ears and stretch your neck. Slightly bring in your shoulders and tuck in your abdomen while trying to maintain the natural curvature of the spine.

Take a so-called "preparatory breath" and then bring your chin closer to your chest and, while exhaling, slowly roll your back down – vertebrae after vertebrae. Let your hands fall down freely, try not to push your buttocks backwards (for this, slightly bend the knees). Keep your feet parallel all the time. Go as low as you can. While "hanging", start waving your hands in opposite directions. Then slightly bend one knee and gently deepen the forward bend while slightly bending the other knee. Then change sides.

After a few seconds, breathe in and then move back up while exhaling. At the end, stretch by moving the tip of your head towards the ceiling (do not lift your chin, look straight ahead). Do not pull your arms up or push your buttocks backwards.

4. CERVICAL SECTION (NECK)

Make a slow swinging motion with your head from the right shoulder to the left and vice versa (chin close to your chest). Avoid moving your head when it's tilted backwards.

5. PATTING THE BODY

Using both hands, begin to pat individual body parts: legs, thighs, abdomen, hands and arms, face. Repeat the exercise three times. Finally, pay attention to your breathing, well-being, increased blood circulation and energy levels.