

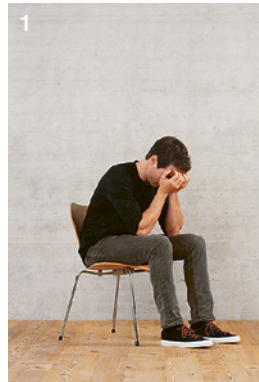
# Flow for people who spend a lot of time sitting

## Sitting exercise break

Do each exercise once slowly and in a controlled manner.



Stand on tiptoes 5 times



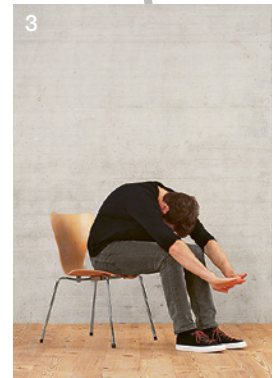
Lay head in hands



Neck stretch right/left



Buttocks and leg stretch right/left



Back stretch



Upper body rotation right/left

An instructional video on this flow and a detailed description of exercises can be found at [www.suva.ch/bewegung](http://www.suva.ch/bewegung)

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