

MSF Wellness Initiative



Cabin Fever Exercises to do every TWO hours

Reach for them toes

Stand with one leg out in front, knee straight and toes pointing towards the sky. Gently and slowly lean forward at waist until you feel a gentle stretch in the back of your leg – hold for 20 seconds – repeat with other leg – 5 times each leg



Heads up!

Sit up straight – tuck your chin in
Then push your neck forward
Hold both for 10 seconds – repeat 5 times



Wheelie good back bends

Stand with feet shoulder distance apart facing tractor tyre and your feet about 30cm back Cross your arms – Lean into the tyre – Arch your back towards the tyre
Hold for 20 seconds
Straighten up – **Repeat** 5 times



Don't forget to stretch!

Chair active

Turn towards the arm rest, take a good grip – pull yourself towards the arm rest and hold for 20 seconds then swing around and go the other way

