



Name: \_\_\_\_\_ Company: \_\_\_\_\_

## STRETCHING

Truck drivers are at a higher risk of developing a sedentary lifestyle due to sitting in the same position while driving for hours. This can make it difficult for a truck driver to pursue a healthy lifestyle. One way a driver can prevent that sedentary lifestyle is by stretching. Stretch can result in improved flexibility, range of motion, energy level and blood circulation.

Listed below are a few stretches that can be performed in the cab of the truck that can be completed without much hassle.



- **Shoulders**

- Lift your shoulder up to your ears, hold the position for 10 seconds and release. You can repeat this 10 times.

- **Neck**

- Bend your head forward so your chin moves toward your chest.
- Bend your head backward so you are looking up.
- Turn your head to the left, looking over your left shoulder. Do the same to the right.
- Bend your neck as if you are trying to touch your left ear to your left shoulder. Do the same to the right.

- **Hands**

- Start by resting your arms at your side. Lift your hands up with your elbows at your sides, palms facing down. Slowly rotate your forearm so your palm faces up, and then down.
- Extend your left arm with your palm facing out. Gently pull your fingers back toward you with your right hand.

- **Legs, Feet, Glutes**

- While seated, with both your feet flat on the floor, extend your right leg forward. Gently point your toes up and down, holding for 10 seconds. Rotate your ankle 10 times as if you are drawing circles with your toes, both clockwise and counterclockwise. Repeat with your left leg.
- While seated or standing up, raise and pull your left knee up toward your chest, holding with both hands. Hold for 20 seconds. Do the same with your right leg.

- **Back**

- While seated with your back straight, grab the right armrest with both hands and gently turn your upper body to the right keeping your lower body facing forward. Hold for 10 seconds and then repeat at least 5 times.

### True or False

1. Stretching can reduce aches and pains associated with sitting for long periods of time?
2. Stretching can only be complete outside of a truck cab?