

WORKSITE PHYSICAL ACTIVITIES

According to the Order of the Minister of Health Care of the Republic of Kazakhstan No. ҚР ДСМ-166/2020 "On the approved standards of worksite physical activities", dated on October 28, 2020, employees are strongly encouraged to do physical activities at worksite.

Physical activities help to maintain health, strengthen an immune system, reduce working stress, and keep a body in a good shape.

Recommendations:

1. Physical activities should be carried out at least once during the working hours
2. If physical activities are carried out once a day, the recommended time period is before lunch
3. The duration of the activities should be at least 10 minutes
4. The set of physical exercises consists of a warm-up and basic gymnastics.

Warming-up – 5 minutes

Warming-up is the most important part of physical activity.

Warmed-up muscles are more efficient, and the major training exercises are easier to perform, because the body is prepared for them.



1. Bend the wrists

If you type a lot, you may be at risk for carpal tunnel syndrome. To reduce this risk, simply do this exercise every day. Stand near the table and rest your palms on it – fingers should be directed inward. Lower yourself down until you feel your wrists stretch. Fix in this position for another 15 seconds.



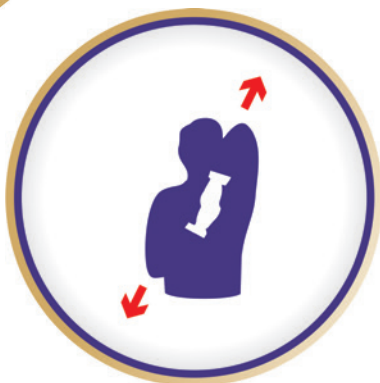
2. Stretch the leg muscles

Sit on a chair (feet on the floor) and extend one leg in front of you; hold for two seconds. Raise your leg as high as you can and fix in this position again for two seconds. Do 15 sets for each leg.



3. Stretch the back muscles

Sit upright in a chair with your legs together. Put your hands up. Lower your left hand to the table and place your right hand behind your back, grasping the back of the chair. Turn right. Fix yourself in this position for 10 seconds. Repeat the movement in the other direction.



4. Stretch the shoulders

Sit straight on a chair, put your left hand behind your back from below, and raise your right hand to the ceiling and throw it over your shoulder from above. Clasp your hands and stretch. If you can't keep your arms behind your back, exercise more.



5. Stretch the arms

Sit upright in a chair with your feet flat on the floor. Fold your hands as if praying in front of your chest. Squeeze your palms and feel the muscles stretch; fix in this position for 20 seconds, then relax. Repeat this exercise as many times as you can.



6. Roll the shoulders

Sit up straight and do circular rotations with your shoulders, bringing your shoulder blades together. Repeat 12-15 times.



7. Train the neck muscles

Wrap your head around with your hands. Lower your palms to your forehead and press, and push your head back; resist the movement of your neck muscles as hard as you can. After that, place your palms on the back of your head and repeat the same in the opposite direction. Do the set 5 times.

BASIC GYMNASTICS



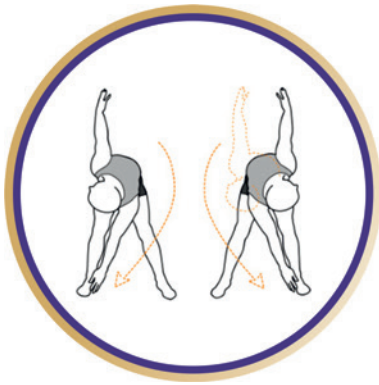
1. Push-ups for triceps

Stand with your back to the edge of the table with your legs together; put your palms on the edge of the table and sit down. Bend and unbend your arms to go up and down.



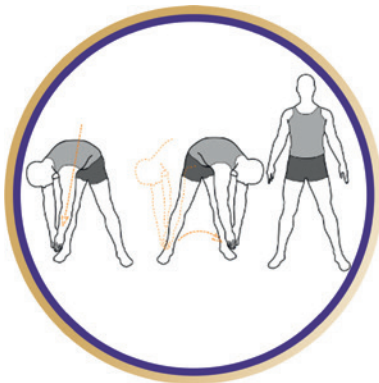
2. Bend your knees

Stand next to the back of a chair, holding on to it for a balance. Bend the left knee towards the buttock, lower down and repeat on the other side. Do 10 sets for each leg.



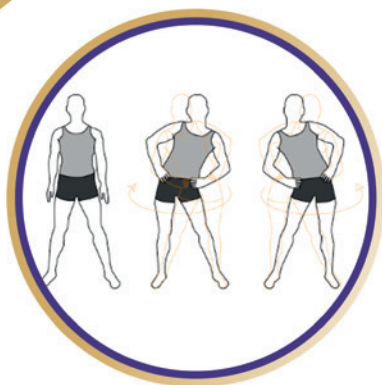
3. Torso swings

Stand with your legs straight, place your feet at shoulder-width. Bend your torso forward to 90 degrees and raise both your arms straight to the outside.



4. Torso bends

Place your feet at shoulder-width, and keeping your knees straight make the bends toward your left foot and then toward your right foot.



5. Hips rotation

Place your hands on your hips and keep your head straight. Perform extensive hips rotation. Perform the exercise 10 times clockwise and 10 times counter clockwise.



6. Rotate your feet

Sit on chair, and extend one leg in front of you. Rotate your ankle clockwise and counterclockwise. Repeat 3 times on each leg in each direction.



7. Squat

Repeat 15-20 times