

Have a break! - AKTIVPAUSE

 <p>Mobilisation 1: „picking apples“</p> <p>Hip-width stance. Raise both arms above the head. One at a time, reach each arm as high as possible to the sky. (8-10 repetitions)</p>	 <p>Mobilisation 2: „Circling“</p> <p>Hip-width stance. Knees are bent slightly. Bring your hands to the shoulders. Elbows point to the sides. Move the shoulders in wide circles backwards. (6 repet.)</p>
 <p>Mobilisation 3: „Kopfpendel“</p> <p>Stand or sit. Lean your head forward. Chin towards chest. Lean the right ear <u>slowly</u> to the right shoulder - swing your chin back to the chest then to the left side. (3 repetitions)</p>	 <p>Mobilisation 4: „neck mobilisation“</p> <p>Arms hang loose at the side of the body. Lean your head towards your right shoulder, still facing forward. Left arm and shoulder pulls towards the floor. Hold in position 10-20 seconds. (2 repetitions each side)</p>
 <p>Mobilisation 4: „Buddha“</p> <ol style="list-style-type: none"> 1. Knees are bent slightly. Push palms against each other in front of the chest. Fingertips facing upwards. Pull the shoulders downwards. 2. + 3. Wrap the hands together and stretch your arms forward, then move your stretched arms upward. 4. Hold your hands together behind your back. Hold each position for 3 deep breaths (2 repetitions) 	 <p>Mobilisation 5: „Stretching“</p> <p>Legs apart in wide stance. Lean the left arm on the hip, and stretch the other above the head towards your left side. Hold for 5 seconds. (2 repetitions each side)</p>
 <p>Strengthening the muscles 1: „Kraftpaket“</p> <p>Hip-width stance. Lift up the arms at the side until shoulder height. Elbows are bent at 90° with hands reaching upwards. Twist the upper body as much as possible to the right side. Hold for 3 seconds, change sides. (3 repet.)</p>	 <p>Strengthening the muscles 2: „Fersenheber“</p> <p>Stand behind a chair. Lift up the heels slowly. Hold position on toes for 3 seconds and drop. Don't use hands if you can (stabilize with fingers on the back of chair)</p>
 <p>Relaxation 1: „Rolling forward“</p> <p>Hip-width stance. Drop the upper body forward as far as possible. Hold position for 5 seconds. Roll up slowly, beginning with the lumbar region (LWS). (2 repetitions)</p>	 <p>Relaxation 2: „Atem schöpfen“</p> <p>Hip-width stance. Knees are bent slightly. Fingertips against each other in front of the belly, palms point upward. While taking a deep breath, lift your hands up to chest height. While breathing out, twist your palms downwards and move them to the start position. (3 repetitions)</p>

The **Aktivpause** is a *short and efficient* guided program of exercises at the workplace. It is designed from the institution of physical activities and sports science and supported by the network of health.

Process: The supervisor visits you and your colleagues at your workplace. One course lasts 10 weeks. Courses can start at the end of April or at the end of October. The duration of one Session is 15 minutes.

Price per group: 40,- € per course up to 4 persons, 60,- € per course for groups of 5-8 persons.

You want to check out the Aktivpause? Contact Stefanie Schüler-Hammer, E-Mail: aktivpause@kitsc.de

Weitere Informationen zur Aktivpause: <http://www.kitsc.de/aktivpause.html>