



Taxi Workout

A large, faint network diagram in the background, consisting of many grey dots (nodes) connected by thin grey lines, forming a complex web.

Notice:

Comfort Delgo drivers are entitled for free entry into ActiveSG gyms island wide.

Remember to use your ActiveSG credits to off set any classes held in any ActiveSG gyms.

Purpose

- After sitting for long hours in the cab can increase the risk of the muscles activating less and therefore causing stiffness much similar to hospital patients not being able to move in bed.
- It is important to do some form of stretches and also a mini-workout to improve the circulation and also get the muscles activating again.
- These simple stretches and workout might only take 10-15 minutes. Doing these 2-3 times a day will help. Also, drink plenty of water to keep yourself hydrated as our bodies will wither and dry out like a plant without water.

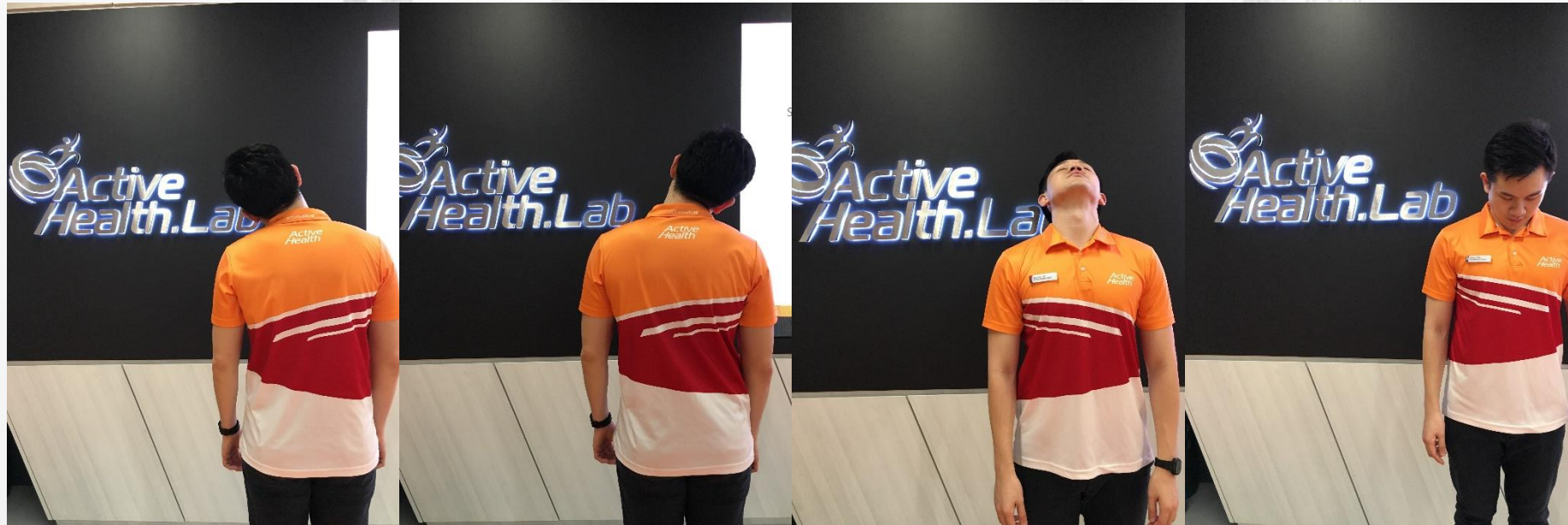
A large, faint, grey wireframe sphere is centered in the background of the slide. It is composed of numerous small grey dots connected by thin grey lines, creating a complex, interconnected geometric pattern that resembles a molecular structure or a network diagram.

Part 1: Stretches

These stretches are designed to target different parts of the body and especially the hip and back. Hold each pose for 30 seconds to get maximum benefit from it.

Neck Stretch

Turning the head very often to look at blind spots and mirrors can take a toll on the neck muscles. This stretch can help relieve the strain.



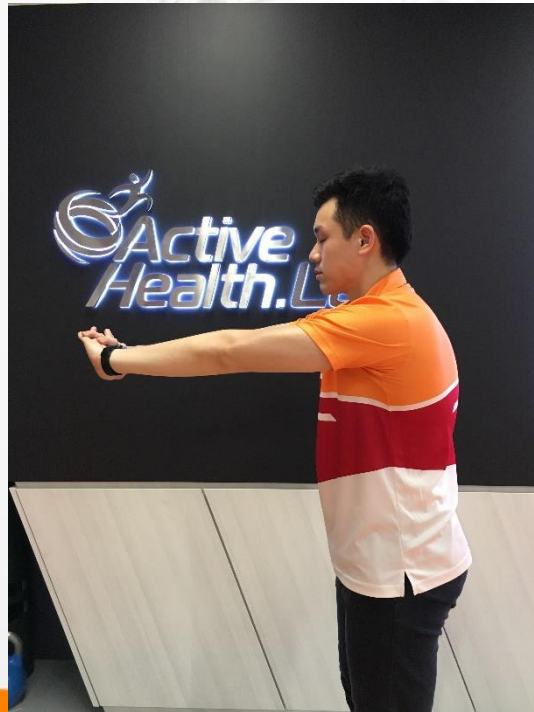
Shoulder Rotations

Stiff shoulders are very common for people who sit down for long hours. Rolling the shoulders can help increase circulation into the joints, tendons and muscles.



Upper back Stretch

Compressing and lengthening the shoulders are a great way to stretch out the upper back. This will release the tension in the muscles around the shoulder blades.



Overhead Stretch

Sitting for long hours can put some pressure on the upper half of the body especially the muscles around the upper back. This will help relief the tension and also lengthen the muscles that are otherwise compressed.

*Active
Health*



Half Wall Hang

Do you feel an aching sensation around the lower back? Doing a Half Wall Hang can help in stretching out the upper back, shoulders, lower back.



Trunk Rotation

The spine and muscles that constitutes the back are usually compressed from long hours of driving, rotating slowly to the left and right can help lengthen the muscles and also relief the pressure acting on the disks in-between the bones



Knee Hugs

Sitting for a long time can cause considerable strain on the buttocks and also hips. This stretch will help with lengthening the buttock muscles and also move at the hip joint.



Calf Stretch

It can be quite tiring on the calf muscle when driving. Cramps and also poor circulation can happen. Therefore, try to stretch the muscles out and improve the flow of blood and fluids into the muscle.



Ankle Rotations

The joint and also tendons will get stiff over time if they are not stretched out after pressing the accelerator and brakes repeatedly. This can increase stiffness and also cause some strain on the ankle joint.



A large, faint network diagram is centered in the background. It consists of numerous grey circular nodes of varying sizes connected by thin grey lines, forming a complex web-like structure.

Part 2: Exercise

Exercising after a long journey help with increase circulation of the blood and fluids around the body especially at the hips and bum as it is compressed and immobile for a long time. Do about 10 times of each exercise and you can continue your journey or have your break.

Exercises	Purpose	How many times a day
Incline Push Up (Against the car)	To exercise the shoulder muscles and strengthen them.	30 secs – 2 times a day
Squats (Use the car as support if you are unstable)	The lower half of the body will get weak because of long hours of sitting. Doing squats will help make the legs, hips, and core stronger.	
“Wipe on Wipe off”	The arms and shoulder joints are usually locked in a positing which will weaken the muscles around those areas. Do these exercises to maintain or improve the strength in those muscles.	
Kneeling Hip Drive (Use the car as support if you are unstable)	The hips will become immobile and underutilized if you sit all day. This exercise will help activate the hip and bum muscles so you are able to stand and sit down without assistance.	
“Twinkle Twinkle Little Star” (Do this for 30-45 seconds)	An old school but effective exercises. It targets your upper body by activating your gripping muscles and also gets you to hold a squat position.	
Prisoner March	This exercises targets all the muscles required for walking, sitting, standing which may deteriorate after prolong hours of sitting over many years. To be able to do all those after many years is important and essential to be independent.	

