

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

Workout for Comfort Delgro Drivers

A large, faint network diagram in the background, consisting of many grey dots connected by thin grey lines, forming a complex web-like structure.

ActiveSG benefits

Comfort Delgro drivers are entitled for free entry into ActiveSG gyms island-wide on Wednesdays.

Remember to use your ActiveSG credits to offset the fees of ActiveSG classes.

Benefits of Active Health workout

- Sitting for long hours in the taxi 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 take only 10-15 minutes and you can do it 2-3 times a day. Also, drink plenty of water to keep yourself hydrated.

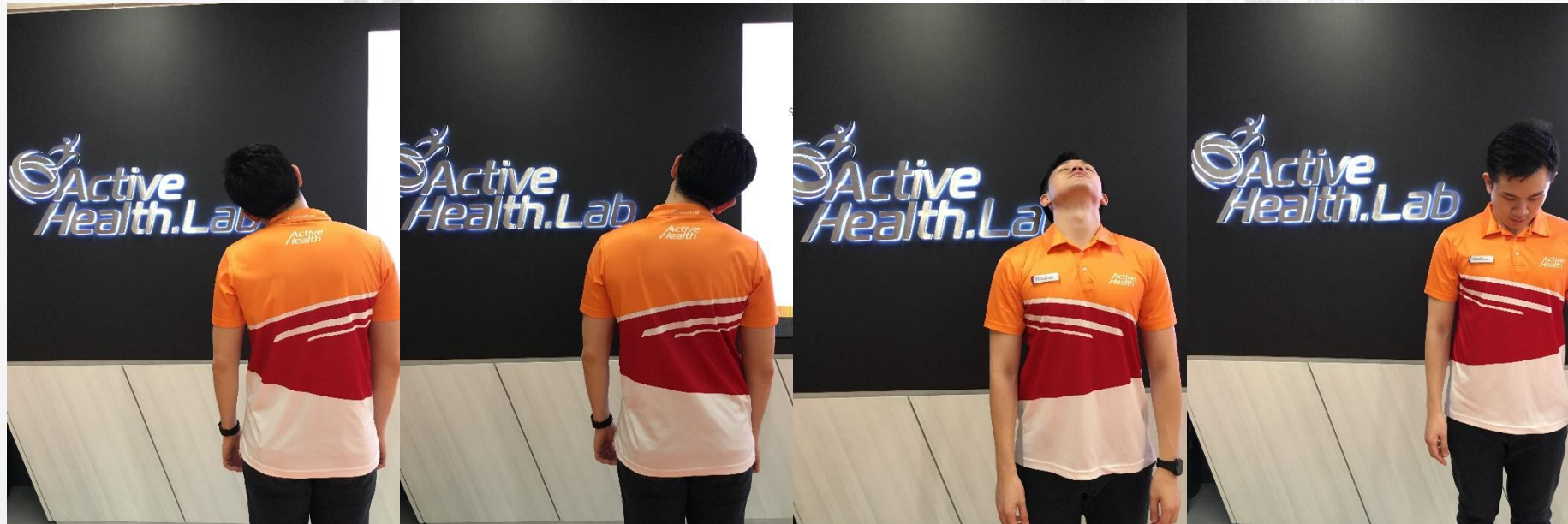
Part 1: Stretches

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.



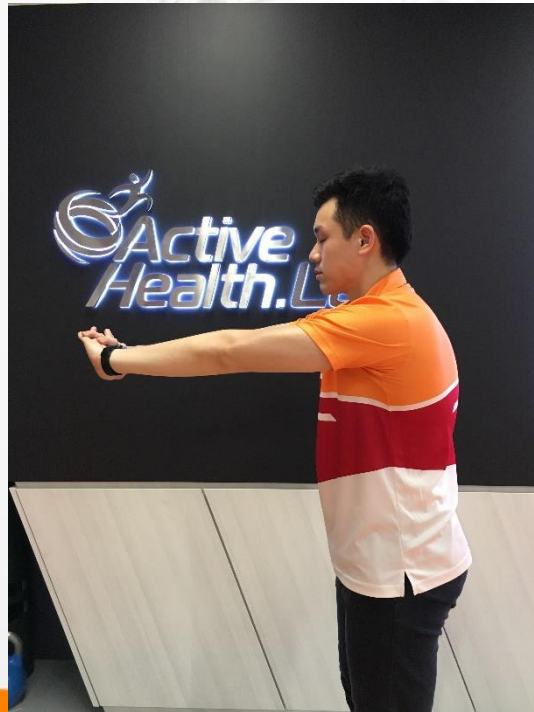
Shoulder Rotations

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 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 relieve the tension and also lengthen the muscles that are otherwise compressed.

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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 constitute the back are usually compressed from long hours of driving. Rotating slowly to the left and right can help lengthen the muscles and also relieve 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 out the muscles and improve the flow of blood and fluids into the muscle.



Ankle Rotations

The joint and 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 geometric graphic in the background consists of a network of grey dots connected by thin grey lines, forming a complex, interconnected shape that resembles a molecular structure or a network diagram.

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.

Incline Push Up (Against the car)

To exercise the
shoulder muscles
and strengthen
them.



Squats (Use the car as support if required)

The lower half of the body might weaken because of long hours of sitting. Doing squats will help strengthen the legs, hips, and core.



“Wipe on Wipe off”

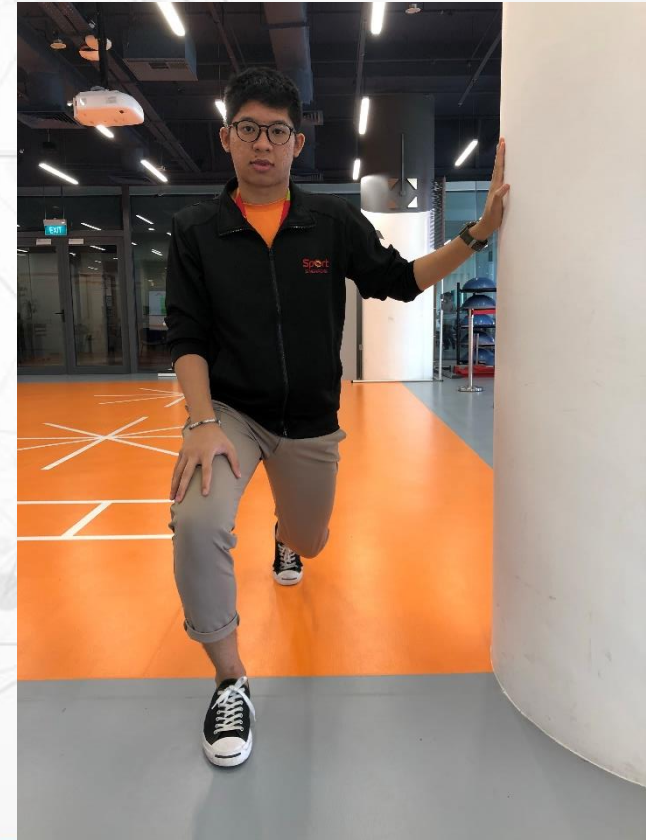
The arms and shoulder joints are usually locked in a position which might weaken the muscles around those areas. These exercises can maintain or improve the strength in those muscles.



Kneeling Hip Drive (Use the car as support if required)

The hips will become immobile and under-utilized 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.

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“Twinkle Twinkle Little Star”

An old school but effective exercises. It targets your upper body by activating your gripping muscles and also enables you to hold a squat position.

Prisoner March

This exercise targets all the muscles required for walking, sitting, standing which may deteriorate after prolonged hours of sitting over time. The functional movement is important and essential to be independent.



These exercises are designed by the Active Health team and we hope they will be beneficial to you.

Do remember to maintain an active and healthy lifestyle.

Remember, Better Beats Perfect!