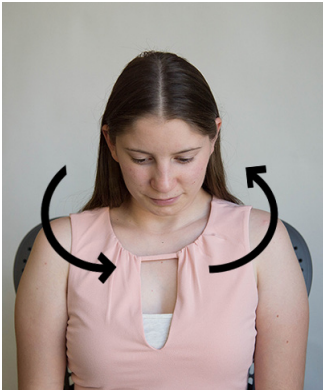




Stretch at Your Desk

Sitting at your desk for long periods of time can be damaging. Try taking a break with these stretches every 2 hours!

NECK



Circles
Lean head forward, slowly roll head to the right. Repeat to the left. Repeat 3 times.



Head Swivels
Look as far left as possible without discomfort, then to the right, up, and down. Repeat 3 times.

SHOULDERS



Cross Arms
Reach arm across body, using other arm to hug into the body. Hold for 5 seconds. Repeat with other arm.



Backward Hand Clasp
Clasp hands behind back, without rounding the back and keeping arms straight. Hold for 5 seconds.

HANDS



Wrist Rotations
Slowly rotate wrists outwards in a circular motion 3 times. Repeat inwards 3 times.



Wrist Flicks
Flex wrists upwards. Hold for 5 seconds. Repeat with wrists folded downwards. Hold for 5 seconds.

BACK



Lean Back
Place hands on lower back while arching back. Hold for 5 seconds.



Forward Fold
Done either sitting or standing. With a relaxed back, bend forward to reach hands towards toes. Hold for 5 seconds.

LEGS



Knee to Chest
While sitting, bring a knee as close to chest as possible without discomfort. Hold for 5 seconds. Repeat with other knee.



Toe Touches
Facing the seat of a chair or object of similar height, place leg on top. With straight legs, reach for toes with both hands. Hold for 5 seconds. Repeat with other leg.