








## RELIEVE STRESS RIGHT AT YOUR DESK ...

- 1)  **Pectoral stretch** - Grasp hands behind head and elbows back as far as you can. Hold for 10 seconds. Repeat. *Good for: tension in upper back.*
- 2)  **Trunk twist** - Twist your upper body, turning head in the direction of trunk. Keep hips stationary. Twist 3 times in each direction. *Good for: stretching sides and shoulders.*
- 3)  **Side stretch** - Interlock fingers and lift arms overhead, keeping elbows straight. Press arms back as far as you can. Slowly lean to left then to right. *Good for: stretching sides from shoulders to hip.*
- 4)  **Upper back stretch** - With hands on shoulders and elbows perpendicular to sides, cross elbows in front until you feel the stretch across your back. Hold for 10 seconds. Repeat. *Good for: reducing muscle stiffness in upper back.*
- 5)  **Shoulder stretch** - Bring right hand to upper back from above. At the same time bring left hand to upper back from below as far as you can. (IF able link hands). Hold for ten seconds. Reverse. *Good for: relieving overall tension and increase flexibility.*
- 6)  **Windmill** - Place feet shoulder width apart. Bend over and touch right hand to left foot with left arm extended up. Alternate sides 5 times each. *Good for: stretching sides, hips, and lower back.*
- 7)  **Leg lift** - Bring legs straight out in front of you and hold in L-shaped position. Hold for 5 to 10 seconds, making sure you are sitting up straight. Repeat. *Good for: abdominal muscles*