

# Get up and stretch, right at your desk

Is sitting at your desk causing you physical stress?

If so, you're not alone. Many of us spend the majority of our waking day sitting in front of a computer or relaxing in front of the television. All of this day-to-day inactivity causes our joints and muscles to get stiff and places stress on our bodies.

Incorporating stretch breaks into your daily routine can help improve your productivity, ability to handle stress, and overall well-being. In fact, stretching on a regular basis reduces muscular fatigue, tension, pain, and degenerative joint or disc problems and reenergizes your body.

So get started today with the following at-your-desk stretch exercises. They're easy to do and will give you more energy to tackle the demands in your life.

## Neck

Let your head drop slowly to the left, then to the right. Slowly drop your chin to your chest, and then raise your chin as high as you can. Turn your head to the left, return it to the normal position, then turn it to the right.



## Shoulder Roll

Slowly roll your shoulders forward five times in circular motion, using your full range of motion. Then roll your shoulders backward five times with the same circular motion.



## Middle-Upper Back Stretch

Raise your right arm and grasp it below the elbow with your left hand. Gently pull your right elbow toward your left shoulder as you feel for the stretch. Hold for five seconds. Repeat with the opposite arm.



## Side Stretch

Interlace your fingers. Lift your arms over your head, keeping your elbows straight. Press your arms backward as far as you can. Then slowly lean to the left, and then to the right, until you can feel the stretch.



## Pectoral Stretch

Grasp your hands behind your neck and press your elbows back as far as you can. Return to starting position, then drop your arms. Relax. Repeat.



## Windmill

Place your feet apart on the floor. Bend over and touch your right hand to your left foot, with your left arm extended up. Repeat with the opposite arm.



## Back Relaxer

Bend down between your knees as far as you can. Return to upright position and relax.



## Knee Kiss

Pull one leg to your chest, grasp with both hands, and hold for a count of five. Repeat with the opposite leg.



## Hamstrings

Bring your legs straight out in front of your body and hold them in that position for five seconds. Make sure you are sitting up straight. Relax. Repeat.



## Fingers

With palms down, spread your fingers apart as far as you can. Hold for a count of five. Relax. Repeat.

