

# Workplace STRETCHING

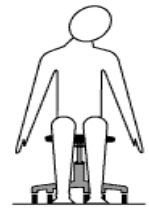
Take a few minutes to do these stretches, your body and mind will thank you for it

## Stretching Guidelines

- Move slowly & smoothly
- Hold for 15 – 20 seconds
- Stretch both right and left side
- Maintain good posture (sit up straight)
- If you experience any pain or discomfort, stop immediately and seek professional help
- Remember to take deep breathes; inhale and exhale through your nose

### Neck Relaxer

Drop your head slowly to the left, trying to touch your left ear to your left shoulder. Slowly drop your right shoulder until you feel a *slight* pull. Repeat on the right side.



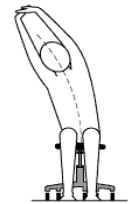
### Chest Stretch

Place your hands behind your head, and squeeze your shoulder blades together



### Back/Side Stretch

Interlace your fingers and lift your arms over your head, keeping the elbows straight. Slowly lean to the left and then the right.



### Leg Lift

Sit forward in the chair so that your back isn't touching the chair's back. Place feet flat on the floor. With a straight leg, lift one foot a few inches off the floor. Repeat 5 – 15 times. Repeat with other leg.



### Hip Stretch

Sit with one leg across the other. Place your arm or elbow on the outside of the crossed leg. Gently apply pressure while looking the opposite way. Repeat with the other leg.

