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WAYS TO STRETCH OUT YOUR WORK DAY

Our bodies are designed to **MOVE** and **BE ACTIVE**, so it's important to avoid sitting for too long throughout the day.

STRETCH IT OUT gently in less than two minutes with these stretches you can do at your desk, a few times a day.

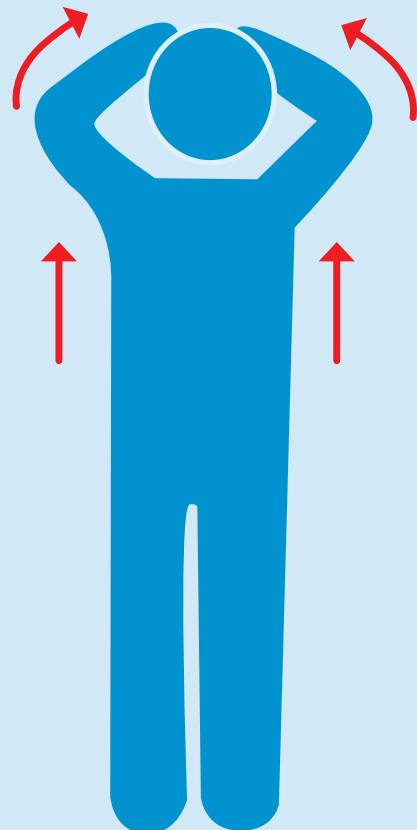
STRETCH #1

Rotate each foot and ankle in both directions with toes pointed down and up. Also good to try seated.



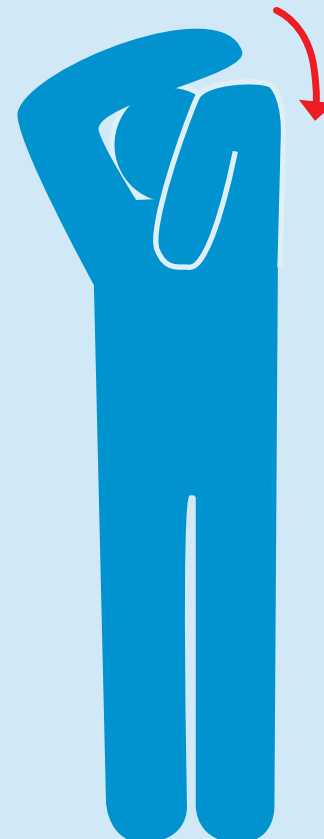
STRETCH #2

Hands behind your neck, stand or sit up straight and lean back slightly.



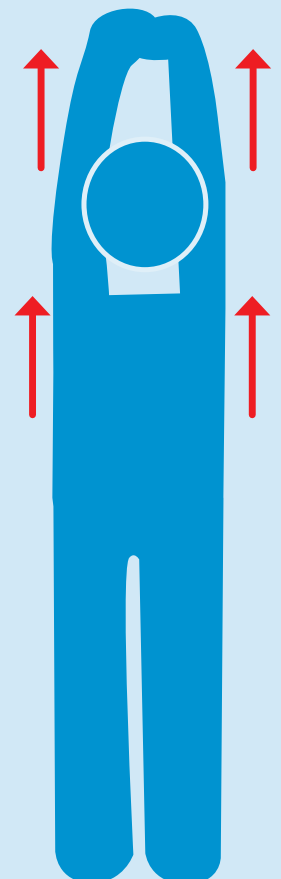
STRETCH #3

Gently pull one elbow behind your head towards the opposite shoulder. Repeat on the other side.



STRETCH #4

Interlace your fingers above your head and push your arms back and up.



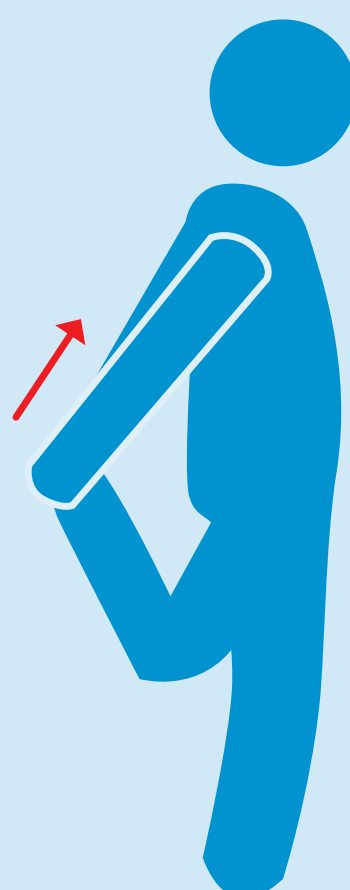
STRETCH #5

Use the heels of your hands to support your lower back and push backward gently – head and chest up.



STRETCH #6

Hold on to a stable surface. With your other hand, pull one heel to your buttocks. Repeat on the other side.



STRETCH #7

Interlace your fingers behind your back, straighten elbows, lift arms.

