

The Workout for Your Workplace: Stretching at Your Desk

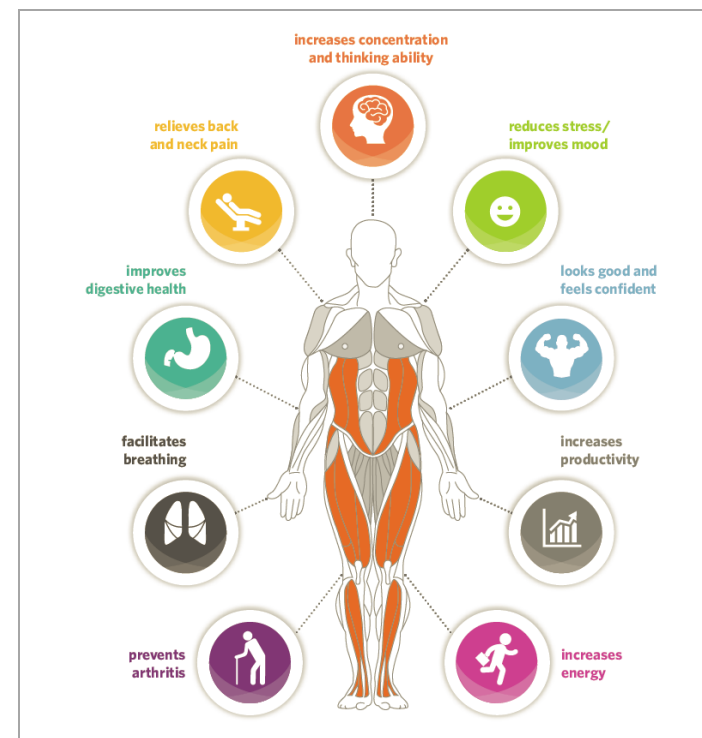


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Improper posture can lead to:

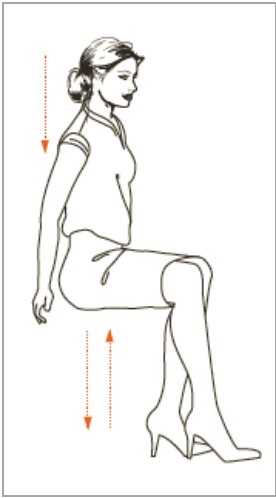


Resources

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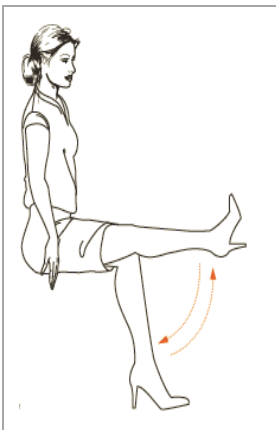


Chair Dips



1. Squat with hands behind you on the edge of your chair.
2. Slowly lower your torso past the seat.
3. Lift your body by straightening your arms.
4. Repeat several times.

Lower-Body Lifts



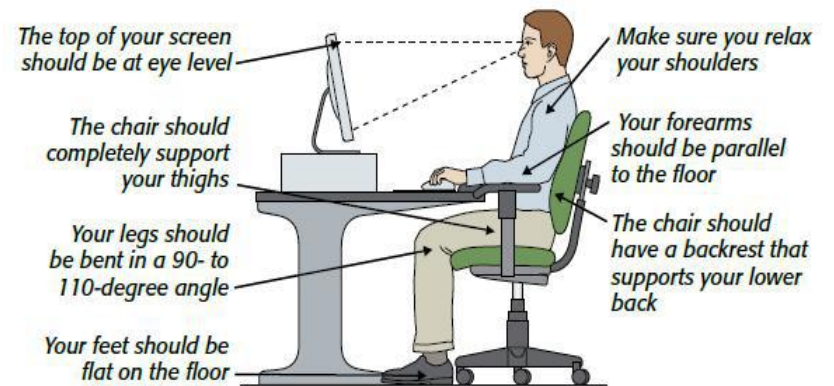
1. Sitting upright in your chair, lift one leg straight out in front of you.
2. Hold for 10 seconds.
3. Repeat several times per leg.

Recommendations:

1. Incorporate a few of these stretches into your daily routine.
2. Relax and perform each stretch gently, not working to the point of pain.
3. Hold each stretch for 10 seconds, or repeat movement 1-2 times per side.
4. **STOP** if you feel discomfort when performing an action.
5. Remember to do each side.

Proper Posture:

Sitting properly may reduce pressure on your back and help improve your posture. Get up and move every 20 minutes! This can include walks down the hall, stretches and core strength exercises.

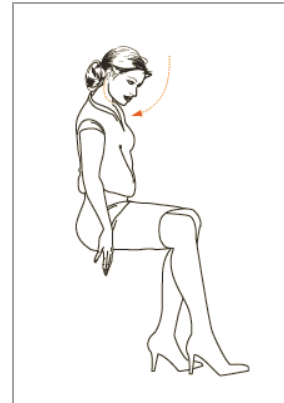


Neck Stretch



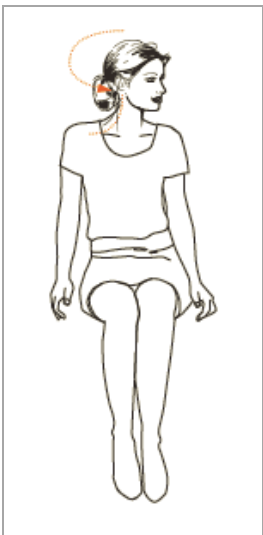
1. Raise head to straighten your neck.
2. Tuck chin toward chest
3. Gently lower ear to shoulder.
4. Hold for 10 seconds.
5. Repeat several times per side.

Chin Tucks



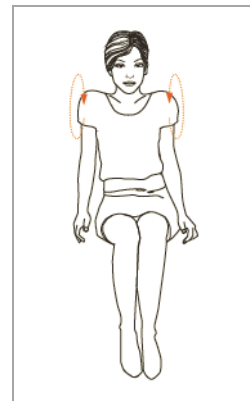
1. Raise head to straighten your neck.
2. Tuck chin towards chest.
 - a. Results in forward tilt of head.
3. Repeat several times.

Head Turns



1. Turn head slowly.
2. Gaze over your shoulder.
3. Repeat several times per side.

Forward & Backward Shoulder Rolls



1. Raise head to straighten your neck.
2. Circle shoulders forward/backward several times.
3. Repeat 3 to 5 times.

Back Arching



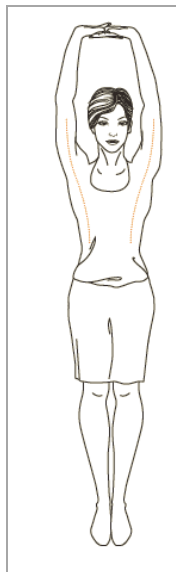
1. In a standing position, support your lower back by placing both hands on your hips and gently arch your back.
2. Hold for 5-10 seconds.
3. Repeat as needed.

Desk Pushups



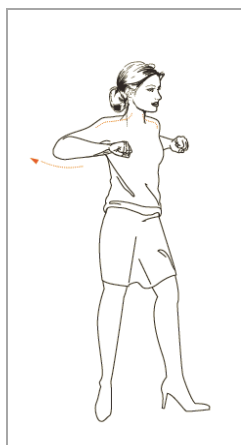
1. Leaning against your desk, extend your arms to push your body away.
2. Recommended:
Complete 3 sets of 8-10 reps per day.

Upper & Lower Back Stretch

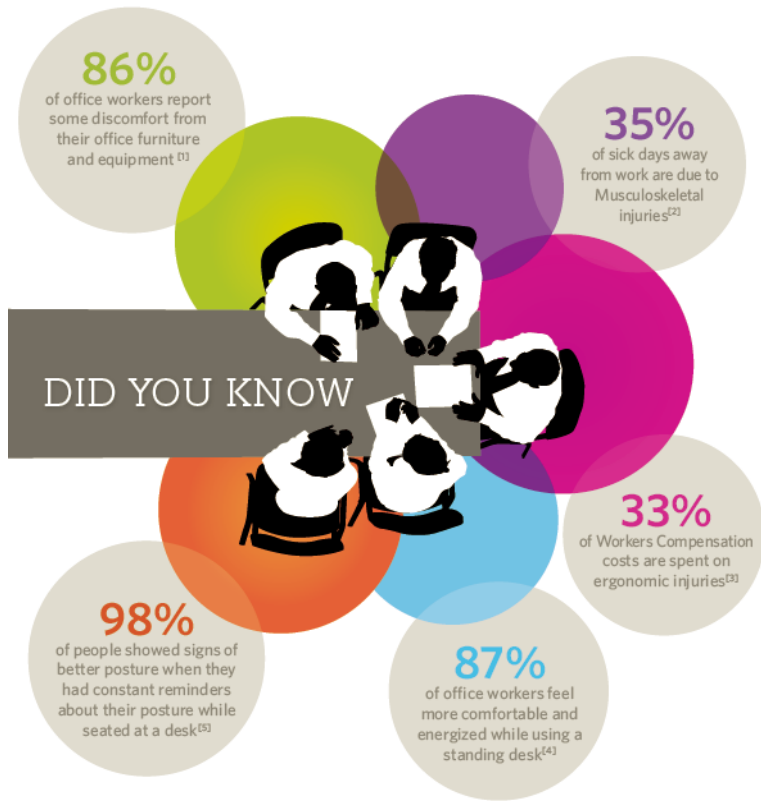


1. In a standing position, interlace your fingers above your head.
2. Straighten arms.
3. Begin to slowly lean from side to side.
4. Repeat movement several times.

Pectoral Stretch



1. Raise both arms to shoulder height.
2. Bend elbows and pull back slowly bringing your shoulder blades toward each other.
3. Repeat several times.



Consider developing the following healthy habits:

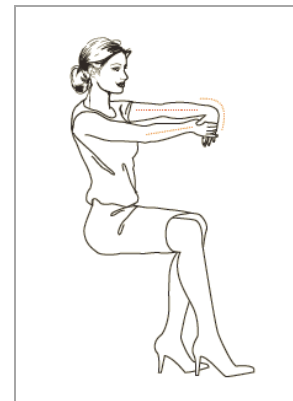
1. Spend at least 30 minutes every day being active.
2. Take the stairs instead of using the elevator.
 - a. Climbing stairs for 10 minutes will burn 150 calories (calculated using 150 pounds as base weight).
3. Stand up and stretch at least once every hour.
4. Ride your bike to work instead of driving.

Wrist & Elbow Stretch



1. Extend arms out in front of you.
2. Interlace your fingers with palms facing outward.
3. Hold for 10 seconds.
4. Repeat several times.

Wrist Stretch



1. Extend arms in front of you.
2. Bend your wrist forward.
3. Gently assist the stretch with opposite hand.
4. Hold for 10 seconds.
5. Stretch your wrist backward.
6. Hold for 10 seconds.
7. Repeat several times.