

# Get Fit Where You Sit

## Stretches you can do at your desk

### Take a “stretch” break

With the invention of the computer, people have been trained to work in a sedentary position for most of the day. As we sit at a desk, wrist pain, sore neck and backs and stiff joints occur.

Stretching is the perfect solution for long periods of inactivity and holding still. Whether you have two minutes or ten minutes to spare, stretching should be included as an important part of your workday.

We would encourage you to pursue group breaks rather than individual stretch breaks. Working together in a group provides social benefits and increases the comfort level of employees to take the time for a stretch break. Start by incorporating a 5-minute stretching break into your regular staff meetings. You can also post the stretches at your workstation to remind you to stretch throughout the day.

Please note. If you have an injury or feel any pain while doing the stretches, consult your physician. These stretches are not meant to cure any serious problems, they are meant to help you relax and reduce some muscle tension you may be feeling.

Periodic stretching throughout the day will:

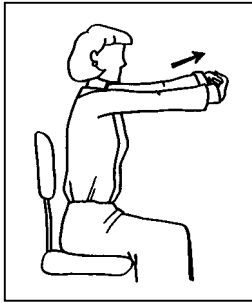
- ❑ Reduce muscle tension
- ❑ Improve circulation
- ❑ Reduce anxiety, stress and fatigue
- ❑ Increase mental alertness
- ❑ Tune your head into your mind
- ❑ Make your body feel better!

How to stretch:

- ❑ Relax!
- ❑ Breathe throughout the stretch
- ❑ Think about the muscles that are being stretched
- ❑ Feel the stretch, there should be no pain
- ❑ Repeat the stretch again
- ❑ Do not bounce
- ❑ Complete the stretches 2 to 3 times per day (try it, you won't regret it!)

**Stretching is simple, fun and  
beneficial!**



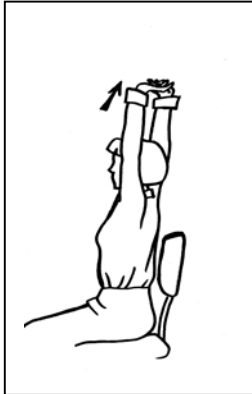
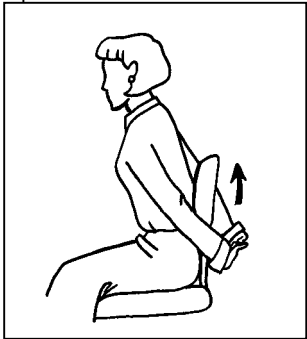


**Stretches shoulders, arms, wrists & fingers**

- interlock fingers, straighten arms in front.
- hold for 10 seconds

**Stretches arms, chest, hands, & shoulders**

- interlock fingers behind your back.
- turn elbow inward while stretching your arms.
- lift your chest slightly upward.
- hold for 10 seconds.

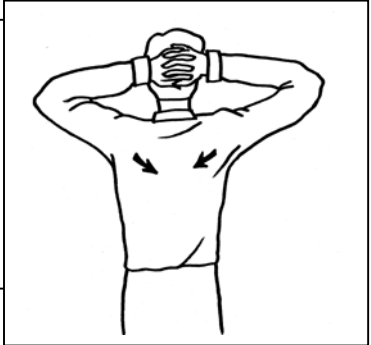


**Stretches shoulders, back, arms, & hands**

- interlock fingers, straighten arms above head.
- push palms to the ceiling.
- hold for 10 seconds.

**Stretches shoulders, chest & upper back**

- interlock fingers behind your head, elbows straight out.
- pull shoulder blades toward each other.
- hold for 5 seconds.

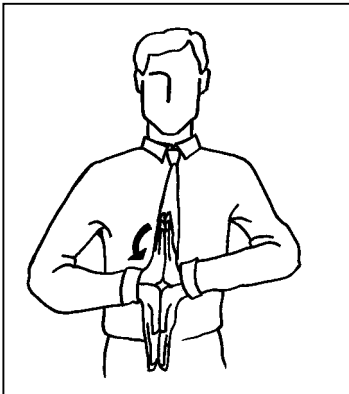
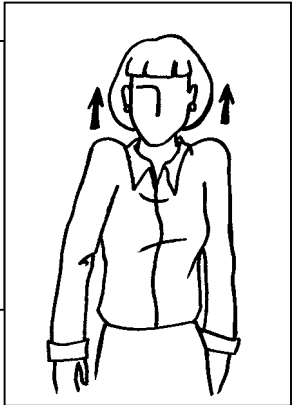


**Stretches shoulders, arms & neck**

- extend one arm above your head & reach down with the other hand.
- push hands to the ceiling and floor.
- hold for 10 seconds.
- switch sides.

**Stretches shoulders & neck**

- raise shoulders towards ears.
- hold for 3-5 seconds, relax shoulders down.
- repeat 3 times.



**Stretches wrists, forearms, & hands**

- place hands palm-to-palm.
- move hands down until you feel a stretch.
- slowly rotate fingers down.
- hold 5 seconds.

