

Desk Stretch Refresh

Feeling a little tense at work? If you've answered yes, then step away from your keyboard, take your eyes off the screen, and spend a few moments on your body!

A quick stretching break could be just what you need to feel refreshed and reinvigorated! Perform all stretches below, or pick one or two, to target any part of your body that feels tight or out of whack.

01

Shoulders

Start by sitting tall. Grab one arm above your elbow with your opposite hand, and pull it across your body toward your chest until you feel a stretch in your shoulder. Make sure to keep your elbow below shoulder height. Hold for at least 30 seconds and then repeat on the other side.

02

Triceps

Start by sitting tall. Bring one arm overhead and drop your forearm behind you, resting your hand on your back between your shoulder blades. With your other hand, grab right above your bent elbow and pull gently, until you feel a stretch in your shoulder and the back of your arm. Make sure you're not pulling on your elbow! Try to keep your bicep close to your ear, and don't force it past. Hold for at least 30 seconds and then repeat on the other side.

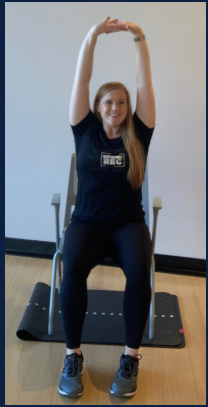
03

Wrists

Sit tall and bring your arms straight in front of you. With one arm, keep the palm facing away and fingers towards the ceiling. With the other, gently press the fingers towards the body until you feel a stretch in the wrist/forearm. Hold for 30 seconds before switching sides.

04

Torso



Start by sitting tall. Interlace your fingers above your head. Turn your palms upward as you push your arms back and up. Hold for 5-10 seconds, then relax and repeat as desired. Can also turn into a side bend stretch by inhaling center, exhaling and leaning towards one side, and repeating on other side.

05

Chest



Start by sitting tall and bringing the arms to a goal post position. Strike the elbows down to the floor while squeezing your shoulder blades together. Keep the ribs down and the core engaged while you open and release the chest. Hold for 20-30 seconds and repeat as desired.

06

Lower Back



Sit tall in your chair as you gently rotate your trunk and shoulders to one side. Grasp the outside of the corresponding leg or handle of the chair to lean deeper into the pose. Hold for 20-30 seconds, then repeat in the opposite direction. Each time, turn until you feel a slight stretch in your trunk.

07

Hamstrings



Scoot yourself to the front of your chair. Sit tall and straighten one of your legs while the other stays bent to help stabilize you. Bend your back, lean forward, and reach down to touch the toes of the foot that is extended. You should feel a stretch through the back of the upper leg that is extended. Hold for 30 seconds for both legs.

08

Glutes/Hips



Sit tall as you cross one of your legs to where the ankle of that leg is resting on top of the knee of the leg that is still in contact with the ground. Take both hands and rest them on the knee of the leg that is crossed. Gently bend forward. You should feel a stretch through the back of the hip of the leg that is crossed. Hold for 30 seconds and switch sides.

09

Upper Back



Stand a few feet behind your chair, then slowly lean forward and place your hands on the back of the chair. While lengthening your back and arms, lower your weight until your chest is parallel to the floor. Keep your chin tucked in, vision to the floor, and knees bent slightly.