

Stretches for Office Workers

Breath slowly and steadily throughout. Aim for comfortable stretches, and stop if you feel pain. Hold each stretches for 10 seconds, and repeat the other side.



1. Press around eyes. Use thumbs above eyes, and index fingers below eyes.



2. Press base of your skull using thumbs.



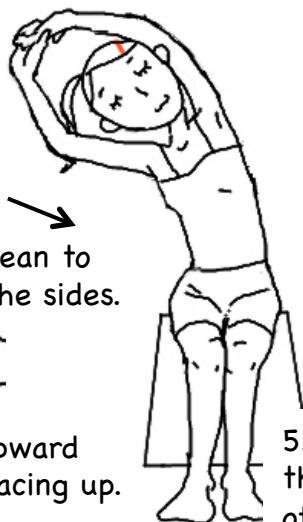
Tuck your chin and round back.



3. Reach arms forward.



Lean to the sides.



4. Stretch upward with palms facing up.



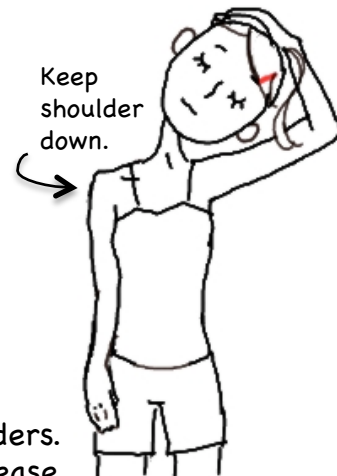
5. Press elbow toward the shoulder using the other hand.



6. Lock fingers. Squeeze shoulder blades.



7. Raise shoulders. Hold, then release.



Keep shoulder down.

8. Pull head to the sides.

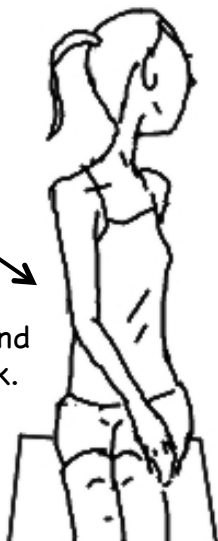
9. Lock fingers.



Then, slowly rotate wrists.



Rotate and look back.



10. Put one hand on outside of the other thigh. The other hand in the back.



11. Place one ankle on the other knee. Bend forward.



12. Shake. Finally, take a deep breath in and out.