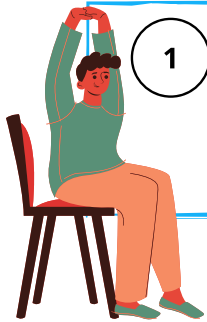


Desk Stretches

Take a break, move your body!



1 Interlock your fingers, sit up straight and reach for the roof. Try to imagine someone lengthening your spine



2 Drop one hand and reach overhead to the opposite side. Use your other hand to support yourself on the chair. Swap sides!

Use one hand to gently pull your head to the opposite side, then repeat on the other side. Next, turn your head 45° and drop your chin to your chest, hand on the back of your head. Repeat on the other side



Reach down behind your head running your opposite hand up along your spine, try touching your fingers



3



5 Brace your hands on your knees, arch back towards the chair then push your chest forward

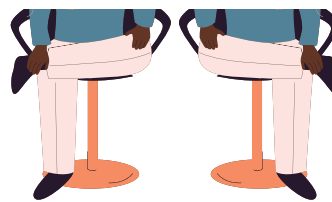


6 Reach across your body rotating your shoulders, keep your hips forward. Hold, then repeat the other way



7 Sitting up straight bring one knee towards your chest and hold, then repeat with the other knee

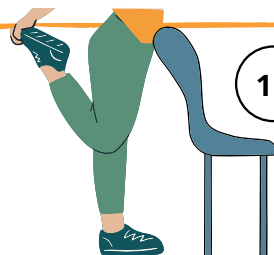
8 Bring one ankle up onto your knee and lean forward from your hips, swap your legs over



9 Lean forward and let your head and shoulders drop. For an extra stretch, try lifting one heel at a time



10 Arm out, use one hand to gently pull the other back so that your fingers pointing up, then down. Hold each then swap hands



11 Stand behind your chair, bring one foot up behind you and pull your foot towards your bum. Hold, then swap legs. Use the chair as support

Hold each stretch for 20-30 sec (per side). Try once or twice a day to run through these stretches and see how you feel