

4 STRETCHES FOR YOUR 5 MINUTE STRETCH BREAK

Get up and stretch at your desk every few hours to loosen up your muscles, increase circulation and refresh your mind. Hold each stretch for 15 – 30 seconds. And remember, always even it out and stretch both sides.

SIDE TO SIDE (NECK)

Bend your head forward and slightly to the side. With your hand on the same side, gently pull your head downward. You'll feel a nice, easy stretch along the back side of your neck.



CROSS YOUR ARMS (SHOULDERS + UPPER BACK)

Extend one arm out straight in front of you. With the other hand, grab the elbow of the outstretched arm and pull it across your chest, stretching your shoulder and upper back muscles.



OVERHEAD (SHOULDERS + NECK + BACK)

Stand with your feet shoulder-width apart. Interlace your fingers and extend your arms above your head, palms up. Take 10 slow, deep breaths, elongating the stretch on each exhale.



REACH BACK (UPPER ARM + SHOULDERS)

Lift one arm and bend it behind your head. Place your other hand on the bent elbow to help stretch your upper arm and shoulder.

