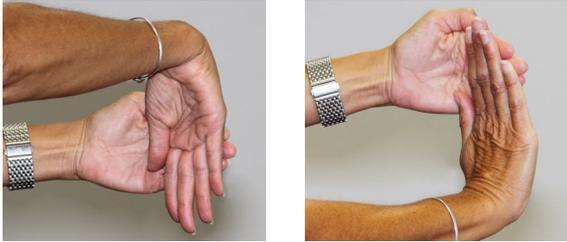


WRIST STRETCH



- Hold your arm straight out, palm facing down.
- Gently bend your wrist and press your other hand against it.
- Hold for 30 seconds.
- Repeat 3 times on each arm.
- Repeat the series with your with your palms facing up.

SHOULDER SHRUGS/ROLLS



SHRUGS (SEATED OR STANDING)

- Lift the shoulders up towards the ears, hold for 1-2 seconds, relax, and roll them back down.
- Repeat for 10 reps.

ROLLS

- Roll the shoulders up and back, starting with small circles and working up to larger circles.
- Do 10 circles backwards.
- Repeat for 10 forward circles.

DESKERCISE

FLEXIBILITY AND STRETCHING EXERCISES AT YOUR DESK

TORSO/SIDE STRETCH



TORSO (SEATED OR STANDING)

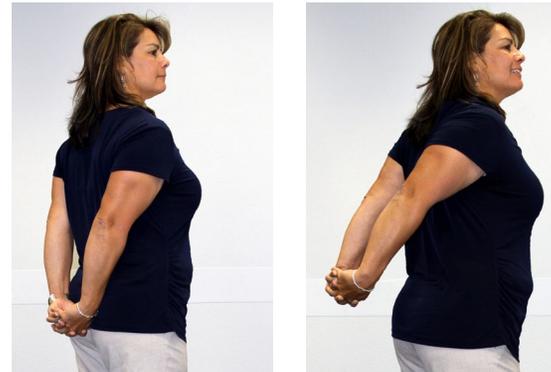
- Lace the fingers together and stretch them up towards the ceiling.
- Take a deep breath as you stretch as high as you can
- Exhale and open the arms sweeping them back down
- Repeat for 8-10 reps.



SIDE STRETCH

- Clasp your hands straight up overhead, palms facing the ceiling.
- Gently lower to the right side until you feel a stretch down your left side.
- Switch sides and repeat two times per side.

CHEST/SHOULDER STRETCH



- Sit or stand and clasp your hands together behind your back, arms straight.
- Lift your hands towards the ceiling, lifting only as high as is comfortable.
- Hold for 30 seconds.
- Complete the stretch 1-3 times.

According to the [National Center for Chronic Disease Prevention and Health Promotion](#), about half of Americans don't get the physical exercise they need. Also, recent studies indicate that sitting for too long is linked to [a list of health problems](#).

There are exercises you can do right at your desk to help you improve your body's flexibility and strength with nothing but a few minutes and your desk chair.

WELLNESS

Balancing Work/Life Assessing Health Moving More Eating Healthier

WORKS

NECK STRETCH



- Look straight ahead with your head at midline (in the middle) and slowly turn your head to the right as far as you possibly can, trying to bring your chin over your shoulders.
- Hold for 30 seconds.
- Repeat on the left side.
- Complete the stretch 1-3 times.

CALF RAISES/STRETCHES

RAISES

- Stand and hold onto your chair or desk for balance.
- Lift up onto your toes, stand as tall as you can and squeeze your calves. Lower.
- Repeat 15 times.



STRETCHES

- Stand with hands on the wall or chair for support.
- Put one leg forward and one leg backwards.
- Press the back heel towards the floor and lean forward until you feel a gentle stretch in your calf.
- Hold for 30 seconds.
- Repeat on the other side.
- Complete the stretch 1-3 times.

STANDING QUAD STRETCH



- Stand with one leg and pull the other foot up behind your buttocks; hold onto a wall if needed.
- Keep your legs parallel, tighten your abs, stand tall and squeeze your gluts.
- Hold for 30 seconds.
- Switch sides.
- If you can't grab your foot try placing your leg on a chair for support.
- Complete the stretch 1-3 times.

HIP/GLUTE STRETCH



- Sit up tall and cross the right ankle over the left knee.
- Gently pull up on your knee to the opposite shoulder.
- Hold for 30 seconds.
- Repeat on other side.
- Complete the stretch 1-3 times.



HAMSTRING STRETCH



- From a standing position, straighten your leg out in front
- Slowly bend down with the other knee until you feel a stretch in the back of the thigh.
- Hold for 30 seconds and release the stretch.
- Repeat.
- Complete the stretch 1-3 times.

TIPS:

- Remember to check with a doctor before starting any exercise regimen.
- All of these stretches should be done gently and you should not feel any pain. If you have any discomfort, discontinue the stretch.
- Warm up before starting your deskercises by marching in place for 30 seconds.
- If you are using a chair, use a sturdy chair; do not use a chair with rollers.