











Daily Desk Stretches

Whether you're on your feet or on your seat, being in front of a computer for hours can leave your muscles tight. So take a break from the screen for at least 2 minutes every hour by doing some other activity like these easy stretches. They'll help loosen up those tight muscles and boost your energy!

<p>SHOULDER STRETCH</p> <ul style="list-style-type: none"> • Stand upright with your feet shoulder width apart • Inhale and clasp your hands behind your back • Exhale as you straighten your arms and lift them away from your body until you feel a stretch (<i>hold for 15-30 seconds</i>) 	<p>LATERAL SIDE STRETCH</p> <ul style="list-style-type: none"> • While standing, place your right hand on your right hip • Inhale and extend your left arm over your head • Exhale and bend the upper body and head to the right, keeping your hips facing forward (<i>hold for 15-30 seconds</i>) • Repeat on the left side 	<p>TORSO STRETCH</p> <ul style="list-style-type: none"> • Interlock your fingers and stretch your arms over your head as you inhale • Exhale while bringing your arms back down to your sides, relaxing your back and neck • Repeat 3-5 times 
<p>FOREARM STRETCH</p> <ul style="list-style-type: none"> • Extend your right arm with your palm facing up • Extend your right wrist by pointing your fingers down • Inhale, then exhale and gently use your left hand to bend your palm further to deepen the stretch (<i>hold for 15-30 seconds</i>) • Repeat on the left side 	<p>UPPER BODY STRETCH</p> <ul style="list-style-type: none"> • Inhale and clasp your hands behind your head • Exhale as you press your elbows back and squeeze your shoulder blades together • Repeat 3-5 times 	<p>HAMSTRING STRETCH</p> <ul style="list-style-type: none"> • While standing, extend your right leg and place your heel on the floor • Exhale and lean forward until you feel a stretch in the back of the leg (<i>hold for 15-30 seconds</i>) • Repeat on the left side 
<p>HIP STRETCH</p> <ul style="list-style-type: none"> • While standing, take a big step forward with your left foot (stabilize yourself) • Lift your right heel off the ground, coming up on the ball of your foot • Bend your right knee and lower it down several inches, inhale • Exhale and tuck your hips forward, feeling a stretch in the front of the right hip (<i>hold for 15-30 seconds</i>) • Repeat on the left side 	<p>EYE STRETCH</p> <ul style="list-style-type: none"> • Keeping your head still, slowly look as far as you can to the left • Slowly move your eyes as far as you can to the right • Now slowly move your eyes up and down • Repeat all steps 3-5 times 	<p>NECK STRETCH</p> <ul style="list-style-type: none"> • Sit or stand tall with a straight back • Bring your chin down toward your chest (<i>hold for 15-30 seconds</i>) • Tilt your right ear toward your right shoulder (<i>hold for 15-30 seconds</i>) • Repeat on the left side 