

Some benefits of stretching:

Reduces Fatigue

Stretching at work can reduce fatigue by increasing blood flow and nutrient supply to your muscles.

Can Prevent Repetitive Strain Injuries

Stretching is the best way to wake up your muscles to let them know that they will be performing a job. Stretching warms up the muscles by working them gently, just like an athlete warming up for a game.

Helps Relieve Stress

Our muscles react to stress by contracting and tightening up, and stretching is a great way to relieve that muscle tension and reduce stress.

Improves Posture

Stretching can improve posture by allowing muscle tissues to realign, thus reducing effort to achieve and maintain good posture.

Gives your mind a break

Stretching allows you to give your brain a break from focusing on work, allowing you to collect your thoughts and re-focus for the rest of the day.

WORKPLACE STRETCHES

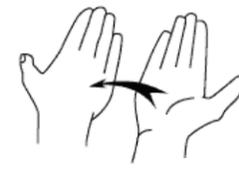
Stretching is an often overlooked activity, especially in the workplace. Not only does stretching have many physical benefits, but can be mentally beneficial as well.

Arms, Wrists, Hands:

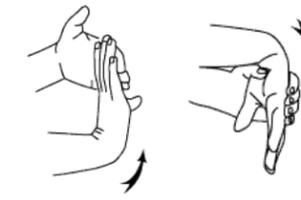
If you work on a computer all day, your arms, hands, and wrists are your most valuable assets. They are the driving force behind every interaction with the your computer. Making sure they are healthy, limber, and ready to work is the perfect way to ensure a comfortable, productive workday.



With your hand open and facing down, gently bend wrist from side to side, as far as possible. Hold for 3 to 5 seconds. Repeat 3 times.



Start by stretching your arm and hand out and slowly rotate the wrist down until you feel a stretch. Hold for 3 to 5 seconds. Next, rotate the palm up until you feel a stretch. Repeat 3 times.



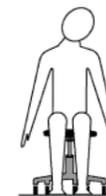
Grasp your hand and hold your fingers with the other hand. Slowly bend your wrist down until you feel a stretch. Hold for 3 to 5 seconds. Relax. Repeat 3 times. Then slowly bend your wrist up until you feel the stretch. Hold and relax as above.

Neck, Shoulders:

A big factor in maintaining good posture comes from your neck and shoulders. Tightness and tension in these areas can cause slouching, and can lead to bad posture. Reducing the tension in these muscle groups will help keep you upright!



Raise the top of your shoulders towards your ears until you feel slight tension in your neck and shoulders. Hold this feeling of tension for 3 to 5 seconds. Then relax your shoulders downward into their normal position. Do this 2 or 3 times.



Drop your head slowly to the left, trying to touch your left ear to your left shoulder. Repeat on the right side. Slowly drop your chin to your chest, turn your head all the way to the left, then turn all the way to the right.



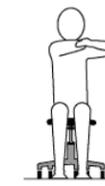
Slowly roll your shoulders backward five times in a circular motion. Next, roll your shoulders forwards.

Back, Side, Legs:

These muscle groups are the core of our mobility. When they are stiff, or tense, getting around can literally be a pain. Make sure to keep these muscle groups stretched and limber, especially if you sit in a chair all day.



Interlace your fingers and lift your arms over your head, keeping the elbows straight. Press arms as far back as you can. To stretch your sides, slowly lean to the left and then to the right. In a similar way, you can also bring your arms in front of your body, or behind to stretch the shoulder blades and chest.



Hold your right arm with your left hand just above the elbow. Gently push your elbow toward your left shoulder. Hold stretch for 5 seconds. Repeat with your left arm.



When standing, keep knees slightly bent. Place your hands on your lower back and gently push your hands forward while leaning back slightly.



Sit with one leg across the other. Place your arm or elbow on the outside of the crossed leg. Gently apply pressure, while looking the opposite way. Repeat with the other leg.

Sitting at a desk for 8 hours everyday with little posture variation can have long-term effects on your health such as:

**BACK PAIN,
WRIST PAIN,
NECK AND
SHOULDER PAIN,
AMONGST OTHERS.**