DESK STRETCHES

- Breathe easily
- No bouncing or forcing
- No pain!
- Feel the stretch
- Relax
- See Stretching Instructions, pp. 77–84

1 5 sec, 3 times p. 82

2 5 sec, 3 times p. 82

3 5 sec, 2 times p. 81

4 5 sec, 2 times p. 84

5 5 sec p. 84

6 5 sec each side p. 84

7 5 sec p. 84

8 10 sec each arm p. 81

9 10 sec p. 82

10 10 sec p. 81

11 9 sec each side p. 82

12 10 sec p. 79

- Prolonged sitting at a desk or computer terminal can cause muscular tension and pain.
- Taking a few minutes to do a series of stretches can make your whole body feel better.
- Learn to stretch spontaneously throughout the day whenever you feel tense.
- Don’t just do seated stretches, but do some standing stretches too. Good for circulation.