

STRETCHING FOR YOUR HEALTH

Regardless of our occupation, everyone can benefit from some healthy stretching throughout the day. It is not only beneficial for our bodies, but our minds, too. Stretching improves morale and provides additional motivation to get us through our day. A stretch break will invigorate you in less time than it would take for a barista to whip up your usual *Mocha Macchiato*. Just a few minutes of stretching increases blood flow through your entire body. It wakes you up and helps you feel less sluggish. It relaxes muscles, improves posture, relieves aches and pains, leads to increased stamina, and decreases risk of injury!


Along with stretching, taking regular breaks from the computer screen, seated positions, or any repetitive activity are highly encouraged. Scheduled walk arounds help circulate blood flow to the legs, especially, after long periods of sitting.

This spotlight provides some simple stretching exercises that could be incorporated throughout your workday. When reviewing these exercises, please keep in mind your own body limitations and always 'exercise' caution when performing any physical activity.

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Cut Along Line; Fold and Insert Card in Top Row of Keyboard or Post on Bulletin Board


Hold each stretch for 10 to 20 seconds and repeat 2 to 3 times, switch sides when needed.



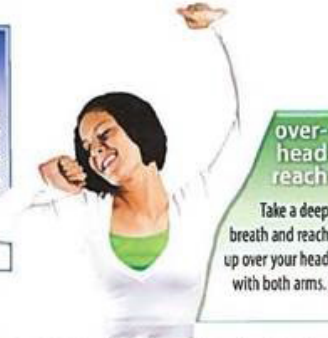
tricep stretch
Bring one arm across your body and towards the opposite shoulder. Cross your other arm underneath the elbow to bring it closer to your shoulder.



shoulder stretch
Standing or sitting, interlace your fingers and raise your arms over your head, palms facing up.



over-head reach
Take a deep breath and reach up over your head with both arms.




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back twist
Stand with feet shoulder-width apart. Place your hands on your waist or straighten your arms out at shoulder level and twist your upper body to your left and right with legs and hips remaining still.



neck flex 1
Turn your head to the right as far as you possibly can, bringing your chin over your shoulder. Repeat this on the left side.



neck flex 2
Lower your chin gently towards your chest. Then gently bend the head back as far as it will go.



chest stretch
Stand with feet shoulder-width apart. Hold your arms out to the side and stretch them back as far as possible.

1 2 3 4 5 6 7