

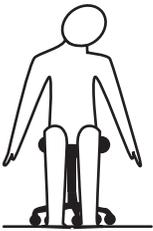


“Setting the Stage for Healthy Job Performance”

Feeling Good is Less of a S-T-R-E-T-C-H Than You Think!

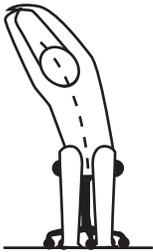


Stretching regularly helps to reduce muscle tension, increase energy, improve circulation and make you more productive!!!! **Stretch Tips:** Stretches should be performed 2 - 3 times per day, hold all stretches for 7-10 seconds, switch sides and repeat, please note that all stretches can be done sitting or standing.



Neck Stretch

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.



Back & Side Stretch

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.



Shoulder Stretch

Hold your right arm with your left hand just above the elbow. Gently push your elbow toward your left shoulder. Hold stretch for 7 – 10 seconds. Repeat with your left arm.



Upper Back Stretch

Interlace your fingers and then straighten out your arms in front of you. Your palms should be facing away from you as you do this stretch. Bow the head down and let your upper back round out. Hold for 10 – 15 seconds. Rest. Repeat.



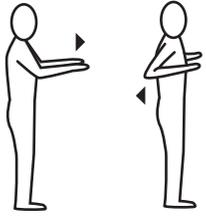
Leg Stretch

Cross your leg and place your foot onto the opposite knee. Keep the knee at a 90 degree angle. Sit up nice and tall and slowly bend at the hip joint and lean forward until you feel a stretch in the outer hip and thigh. Switch legs and repeat.



Prayer Stretch

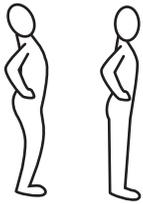
Put your fingers and palms together in the “prayer” position. Lower your hands until you feel a stretch along the bottom of your forearm. Release and reverse prayer with the backs of your hands facing each other and your fingers pointing to the floor.



Shoulder Squeezes

Stand with your arms out by your side as shown. Gently bring the elbows back and squeeze the shoulder blades together.

Do 2 sets of 10



Back Arch

Place your hands on your hips and place your feet hip width apart. Gently lean back pointing your face up towards the ceiling. Hold for 3 – 5 seconds and then return back to neutral.



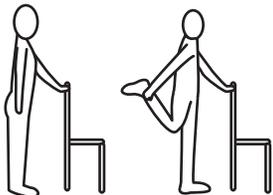
Calf Stretch

Stand away from the wall and lean forward. Bend one leg and place your foot on the floor in front of you. The back leg needs to be straight. Slowly move your hips forward until you feel a stretch in the calf of your straight leg. Try to keep your heel on the floor. Hold for 10 – 15 seconds. Switch legs.



Whole Torso Stretch

Stand with your arms by your side. Slowly lift your arms overhead and lean your weight on your right foot and extend your left foot out. Stretch up as far as you can go. Hold for 5 seconds. Repeat but this time lean your weight on your left foot.



Quads

Standing at desk or chair, grab on leg at a time by foot or ankle and bend your knee until you feel a stretch in your quadriceps muscle. Switch legs and repeat.



Hamstrings

Place one leg at a time on chair (be careful if your chair has wheels) or stool or floor. Slowly bend at your hips and bring your torso towards the extended leg. Keep your back straight. Slowly straighten up. Switch legs and repeat.