

# Ten Exercises and Stretches— Without Leaving Your Workstation

All these exercises can be done sitting down, feet flat on the floor, with space between you and your desk. Allow yourself to breathe deeply and continuously (unless otherwise indicated) and to yawn freely. You'll get a mini-workout without leaving your workstation.



**1. NECK STRETCH:** Let your chin drop forward, roll your right ear over your right shoulder, hold for 15 seconds and return to center. Then do the same thing in the other direction.



**2. NECK RESISTANCE EXERCISE:** Clasp your hands behind your head and press your head backward, resisting with your hands. Hold for 15 seconds. Repeat.



**3. SHOULDER/ARM STRETCHES:** Raise your arms from your sides, fists pointing up, with elbows at a right angle and your upper arms at shoulder height, parallel to the floor. Slowly bring your forearms together, and then as far apart as is comfortable, repeating 10 times. Then grasp one elbow with the other hand and pull it gently across your chest. Release and repeat 10 times on each side.



**4. ARM CURLS AND WHIRLS:** Sit straight and stretch your arms out to each side, parallel to the floor and with palms facing up. Slowly bend your elbows, curling your fingers in and touching your shoulders. Straighten out your arms again and repeat 10 times. Then let your arms dangle at your sides for 10 seconds, raise your arms out to shoulder height again and slowly rotate both arms in small circles, 10 forward and 10 backward. Lower your arms for a brief rest and start over.



**5. SHOULDER/UPPER BACK STRETCHES:** Lean slightly forward in your chair, clasp your hands together behind your lower back, lift your arms as far as is comfortable and hold for 30 seconds.



**6. UPPER BACK STRETCH:** Fold your arms in front of you, then raise your elbows to shoulder height, pull your arms apart, pushing your shoulder blades toward each other and pulling your elbows back as far as is comfortable. Hold five seconds, fold your arms again and repeat five to 10 times.



**7. HAND STRETCH:** Put a small, strong rubber band around the ends of your fingers, excluding your thumb. Stretch all your fingers apart as far as possible for 10 seconds. Switch back and forth between hands (or do both at once), repeating up to five times.



**8. LOW BACK STRETCH:** Slowly lean forward while exhaling and let your head and arms drop to the floor, or as far as is comfortable. Hold five seconds. Inhaling, slowly roll up straight, beginning at the base of your spine. Exhaling again, stretch your arms toward the ceiling. Repeat five times.



**9. WEIGHT SHIFT AND BODY ROTATION:** Sitting straight, in a balanced position with both feet anchoring your chair, lean to your right as far as possible without losing your balance. Turn your head to look behind your left shoulder and, at the same time, reach with your right arm across your body and grasp your left shoulder for five seconds. Repeat five times in each direction.



**10. LEG STRETCH:** Grasp the shin of one leg with both hands and pull it slowly toward your chest. Hold for five seconds. Do the same to the other leg. Repeat five times.