



Easy Office Stretches

TAKE A FEW MINUTES TO RELAX TIGHT MUSCLES, RELIEVE EYE STRAIN AND BOOST ENERGY!

NECK

Lower ear to shoulder. Slowly roll chin on chest up to other shoulder and back again. Repeat 5x.

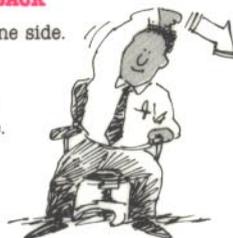


Turn head, look over shoulder. Hold 5 counts. Repeat 2x each side.



LOWER BACK

Bend to one side. Hold 10 counts. Repeat on other side.



HANDS & WRISTS

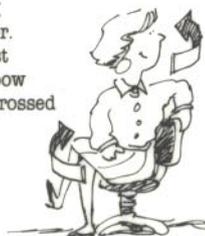
Circle wrists inward, then outward. 10x each direction.



Interlace fingers (palms outward) and extend arms forward. Hold 5 counts, release. Repeat 3x. Shake out hands.



Cross one leg over the other. Twist at waist and place elbow outside the crossed knee. Hold 10 counts. Repeat each side.



UPPER BACK & SHOULDERS

Move arms overhead in climbing motion. Repeat 10x each side.



Circle shoulders forward, then backward. Repeat 10x each direction.



Stand with hands supporting low back. Gently arch your back. Hold 5 counts. Repeat as needed.



5 Tips To Relieve Eye Strain

1. Reposition terminal, try a glare filter, or modify lighting to reduce glare.
2. Blink your eyes often and take a break by alternating tasks when necessary.
3. Now and then, focus on an object at least 20 feet away.
4. Close your eyes. Cover them with your palms for 30-60 seconds.
5. Place reference material as close as possible to the screen to avoid frequent head movements.

