DESK STRETCHES

These are stretches to do at your desk. This program will take $2 \frac{1}{2} - 3 \text{ min.}$

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















10 10 sec p. 81



2 5 sec, 3 times p. 82







9 sec each side p. 82



3 5 sec, 2 times p. 81





p. 81



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.

From the book: