DESK STRETCHES

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

1. 5 sec, 3 times
   p. 82

2. 5 sec, 3 times
   p. 82

3. 5 sec, 2 times
   p. 81

4. 5 sec, 2 times
   p. 84

5. 5 sec
   p. 84

6. 5 sec each side
   p. 84

7. 5 sec
   p. 84

8. 10 sec each arm
   p. 81

9. 10 sec
   p. 82

10. 10 sec
    p. 81

11. 9 sec each side
    p. 82

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.

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