

Desk Stretches

5 stretches you can do at your desk to keep your body from feeling stiff and sore.



Behind the Head

Place your left arm behind your head with elbow pointing upward and palm facing the back of your neck. Keeping your back straight, use your right hand to gently pull the left elbow behind your head. You can also lean your head back to deepen the stretch. Slowly release and switch arms.



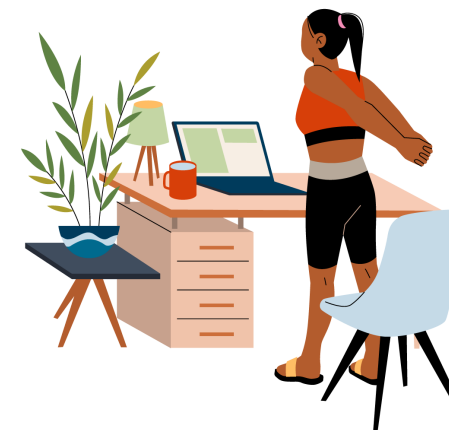
Chair Pull

Stand behind your chair at arm's length and grip the back of the chair. Bend at the waist and place your head between your straightened arms. Don't lock your knees and remember to breathe. After a few seconds, slowly walk forward until you're upright.



Side Stretch

Whether standing or sitting, keep your spine vertical as you place your left hand on your hip and raise the right hand over your head. Gently bend to the side where your arm is reaching. After a few seconds, switch sides.



Chest Opener

Reach both arms behind your back and interlace your fingers if you can, or hold one wrist with the other. Straighten your elbows and puff out your chest to feel a stretch. For a more intense stretch, raise your arms up behind you.



Across the Chest

Sit up straight in your chair and cross your left arm over your chest. Use your right hand to hold the left arm and apply light pressure to pull it across the body. After a few seconds of stretching, switch arms.