Office Exercises

**Deep Breathing**
- While standing, or in an otherwise relaxed position, place one hand on the abdomen and one on the chest
- Inhale slowly through the nose
- Hold for four seconds
- Exhale slowly through the mouth
- Repeat

**Chin Tuck**
- While sitting with chin in, stomach in, shoulders relaxed, hands relaxed in lap, and feet flat on the floor, imagine a cable pulling the head upward
- Hold for 3 seconds and relax
- Repeat 3 times

**Wrist Stretch**
- Hold arm straight out in front of you
- Pull the hand backwards with the other hand, then pull downward
- Hold for 20 seconds
- Repeat three times

**Side Bend**
- Tilt head to one side (ear towards shoulder)
- Hold for 15 seconds
- Relax
- Repeat 3 times on each side

For more information:
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**Chest/Arm Stretch**
- While sitting, lock hands behind head
- Bring elbows back as far as possible
- Inhale deeply while leaning back and stretching
- Hold for 20 seconds
- Exhale and relax
- Repeat one time

**Diagonal Stretch**
- Turn head slightly and then look down as if looking in your pocket
- Hold for 15 seconds
- Relax
- Repeat three times on each side

**Chest Stretch**
- Squeeze shoulders back
- Hold stretch for 15 seconds
- Relax
- Repeat three - five times

**Shoulder Circles**
- Slowly bring shoulders up to the ears and hold for approximately three seconds
- Rotate shoulders back and down, squeezing the shoulder blades back
- Repeat 10 times