

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

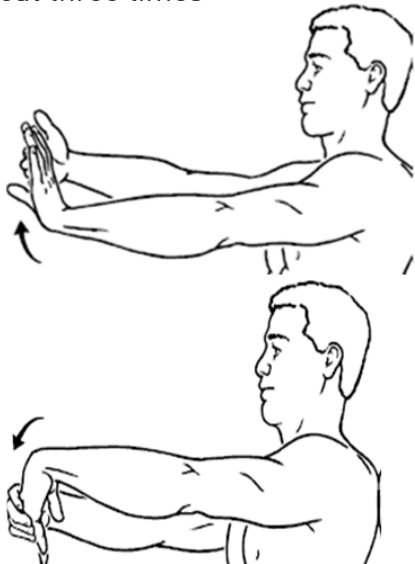
Chin Tuck

- 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



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

