



# THE OFFICE STRETCH BREAK

## Guidelines for Stretching

Stretching should NOT include bouncing or pushing yourself to the point of pain. Using those techniques can increase risk for injury. Instead, go the point where you feel tension in the muscle. While stretching your breathing should be slow, rhythmical and under control. Do not hold your breath while stretching. Please consult your medical provider before starting any exercise routine.

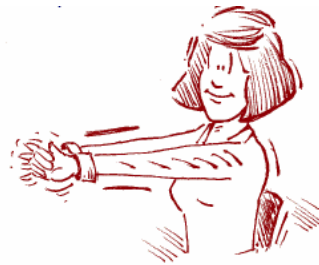
### Shoulder/Arm Stretch

Reach arm across chest, grasping just above the elbow with opposite hand. Gently pull elbow across the chest and towards the body. Hold while stretch is felt in the shoulder.



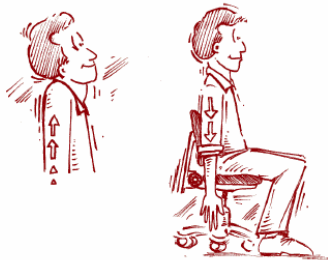
### Upper Back Stretch

Extend arms out in front of chest and at shoulder height. Interlock fingers with palms facing away from body. Reach forward while maintaining an upright posture. Hold when stretch is felt. Raise both arms overhead and hold.



### Shoulder Shrug

Squeeze shoulders up to ears while letting head relax. Follow by stretching shoulders down with fingers to the floor, while drawing chin in gently. Slowly change from one position to another.



### Neck Stretch

Draw chin in gently. Bend head to the right so the right ear moves to the right shoulder. Hold. Repeat on opposite side.



### Executive Stretch!

Interlock fingertips behind your head. Pull elbows slowly back. Arch back slightly and gently. Hold...relax...repeat.



### Palming Your Eyes

Give your eyes a break! Cup your hands. While resting elbows on a desk, cover your eyes without putting direct pressure on the eyes. Hold for 30 seconds, ensuring all light is blocked. Breathe naturally. Remove hands and open eyes slowly.

