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 each arm 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.

From the book:
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