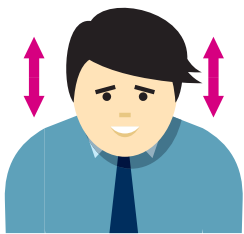


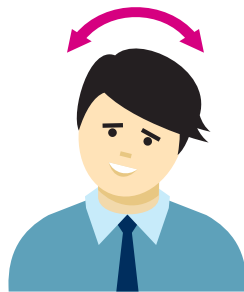
Stretching exercises to do at your desk

Stretching has many health benefits, including better flexibility and posture. It can help relieve soreness from tense muscles and the effects of sitting for long periods. Stretching may also help you feel more energized and reduce stress. Take a few minutes every day to stretch at your desk. You may find that you feel better, physically and mentally.

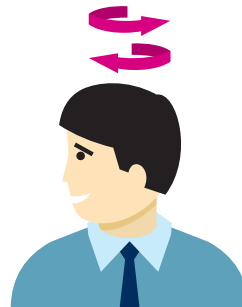
Easy Desk Stretches



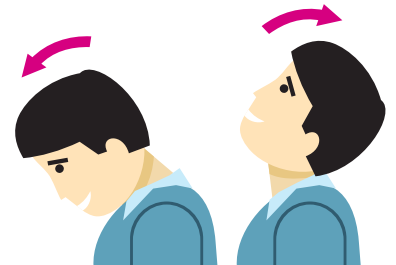
SHOULDERS
3-5 seconds / 3 times



NECK
5-10 seconds / 5 times



TURN HEAD
5-10 seconds / 3 times



HEAD UP AND DOWN
5-10 seconds / 3 times

Stretch at Work to Relieve Pain and Stress



BEND
5-10 seconds / 3 times



UP-DOWN LEGS
3-5 seconds / 3 times



BEND FORWARD
5-10 seconds / 3 times