

Stretch and Flex

Even when working comfortably, it is important to routinely take breaks that involve different muscle groups and remove the eyes from a monitor screen. Take short breaks where you close your eyes, breathe deeply, stretch, etc.

Stretching can help to:

- Improve blood flow;
- Relax muscles;
- Reduce fatigue; and
- Improve morale!

Remember to Move slowly and Do Not bounce.
Hold your stretches for 5-10 seconds and Breathe!
Most importantly stretching should help you to feel good and should not be Painful

The following are some stretching exercises you can do in a workplace environment.

Finger Stretch:

Releases the tension in hand/finger

- Palms down
- Spread finger apart
- Hold for count of five
- Relax
- Repeat five times



Wrist Roll:

Releases tension in the hand & wrist

- Hold hands in front of you
- Keeping fingers relaxed, make circles with your hands
- Do this exercise slowly, change directions
- Repeat 5-10 times

Wrist Raise:

Releases tension in the wrist/forearm

- Hold hands in front of body
- Raise/lower your hands to stretch the muscles in the forearm
- Repeat 5-10 times

Wrist Flexes:

Releases the tension in hand/wrist

- Extend arm in front of body, palm up
- With 2nd hand, grasp fingers of extended hand
- Bend extended hand down, back & toward the body (gently- hold 5 sec.)
- Repeat with opposite hand (5 times)



Eye Exercises:

Provides less eye strain, fatigue, & greater comfort

- Close your eyes, keep closed for 5-10 seconds.
- Open eyes fully and focus on an object from you for 5-10 seconds
- Repeat 5 times, slow sequence



Eye Exercises:

Provides less eye strain, fatigue, & greater comfort

- Close your eyes, keep closed long enough to feel the "touch" sensation when both lids meet.
- Move eyes left & right under the closed lids
- Keep lids closed for 5 seconds
- Repeat 5 times, slow sequence

Shoulder Roll:

- Releases Tension In Neck Shoulders
- Slowly Rotate Shoulders Forward,
- Complete Five Times
- Slowly Rotate Shoulders Backward
- Five Times



Reaching Stretch

- Interlace your fingers out in front of you at shoulder height.
- Turn your palms outward as you reach forward.
- Hold for 5-10 seconds, then relax and repeat.

**Overhead Stretch**

- Interlace your fingers above your head.
- Turn your palms upward as you push your arms back and up.
- Hold for 5-10 seconds, then relax and repeat.

**Triceps Stretch**

- With arms overhead, hold the elbow of one arm with the hand of the other arm.
- Gently pull the elbow behind your head, creating a stretch. Move slowly.
- Hold for 5-10 seconds.
- Repeat with other arm.

**Shoulder Stretch**

- Gently pull your elbow across your chest toward your opposite shoulder.
- Hold stretch for 5-10 seconds.
- Relax and repeat with other arm.

**Chest and Back Stretch**

- Clasp your hands behind your back.
- Slowly turn your elbows inward and straighten arms.
- Lift your arms up behind you until you feel a stretch.
- Hold for 5-10 seconds.

**Chair Rotation Stretch**

- Sit in chair. Wrap feet around chair legs to stabilize your body.
- Reach across body and grab the back of the chair.
- Pull gently to increase the stretch in the middle of your back.
- Hold 5-10 seconds. Repeat reaching to opposite side.

**Back bend:**

- Stand with your feet slightly apart and knees slightly bent.
- Place your hands on your hips.
- Lean backward slightly. Be sure not to lean too far back!
- Stay in this position for a few seconds, then relax.
- Repeat this 5 times.

Short Breaks may help protect against fatigue and can also lower stress levels

Back Arch:

- Stand with your feet slightly apart and knees slightly bent.
- Place your hands on the front of your thighs and bend forward slightly at the waist, without bending your back.
- Slowly inhale and arch your back.
- Stay in this position for a few seconds, then exhale.
- Straighten your back and return to the standing position.
- Repeat this 5 times.