WORKING FOR A HEALTHIER TN

# DESK STRETCHES

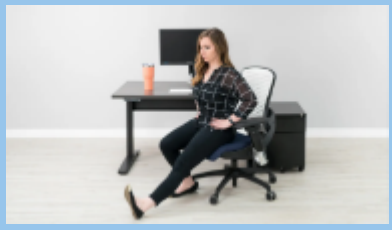
**Side Neck Stretch**
Slowly tilt your left ear toward the shoulder. Place your right hand on the lower part of the back and keep your shoulder relaxed. Place your left hand with slight pressure on the top of the head. Hold for five deep breaths, release and repeat on the opposite side.

**Seated Lateral Flexion**
Sit upright with feet on the ground. Keep the spine neutral and place hands behind the head. Hold and allow the chest to open for three breaths while the elbows open to the side. Exhale; lean to the left bringing your elbow towards your hip. Hold for five deep breaths, return to center and repeat on the opposite side.

**Seated Spinal Twist**
Sit upright with feet flat on the floor. Cross your right leg over the left (if this is too hard, keep feet on the floor). Inhale, lift arms overhead and exhale rotate to your right and place hands on the outside of your chair or thigh. Hold for five breaths. Inhale, rotate to center, switch crossed legs and exhale and complete the stretch on the left.

**Seated Figure Four Stretch**
Sit upright with a neutral spine. Cross your right leg over the left and rest your hands on your shins. For a deeper stretch, lean your torso slightly forward. Hold for five deep breaths, release and repeat on the left leg.

**Desk Downward Facing Dog**
Stand upright and walk your feet slightly in front of the hips. Hinge at your hips and place your hands on your desk, chair or door handle. Push the hips back as you bring the chest parallel to the floor. Hold for five deep breaths.



**Seated Hamstring Stretch**
Sit with the back straight near the edge of the chair. To stretch the right leg, straighten it with the heel on the floor and the toes pointing toward the ceiling. Bend forward at the hip and place the hands on the left leg for support. Make sure the spine is in a neutral position. Hold the stretch for 10–30 seconds. Repeat two to four times.

*Source: acefitness.org*