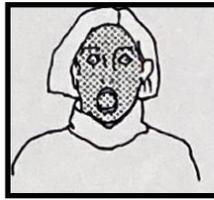


Sitting at a desk for a long time?

Take a quick break and stretch if you have to sit too long. Done regularly, you will notice the benefits.



1. Separate and straighten your fingers until tension of a stretch is felt (fig. 1). Hold for 10 seconds. Relax, then bend your fingers at the knuckles and hold for 10 seconds (fig. 2). Repeat stretch in fig. 1 once more.



2. Raise your eyebrows and open your eyes as wide as possible. At the same time, open your mouth and stretch the muscles around your nose and chin and stick your tongue out. Hold this stretch for 5-10 seconds. Caution: If you hear clicking or popping noises when opening mouth, check with your dentist before doing this stretch.



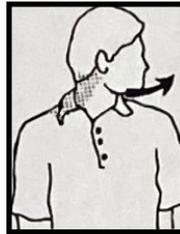
3. Shoulder Shrug: Raise the top of your shoulders toward your ears until you feel slight tension in your neck and shoulders. Hold this feeling of tension for 3-5 seconds, then relax your shoulders downward. Do this 2-3 times. Good to use at the first signs of tightness or tension in the shoulder and neck area.



4. With fingers interlaced behind your head, keep your elbows straight out to the side with your upper body in a good aligned position. Pull your shoulder blades towards each other to create a feeling of tension through your upper back and shoulder blades. Hold this feeling of mild tension for 8-10 seconds, then relax. Do several times.



5. Start with head in a comfortable aligned position. Slowly tilt head to left side to stretch muscles on the right side of the neck. Hold stretch 5-10 seconds. Feel a good, even stretch. Do not overstretch. Then tilt head to right side and stretch. Do 2-3 times on each side.



6. From a stable, aligned position, turn your chin toward your left shoulder to create a stretch on the right side of your neck. Hold for 5-10 seconds. Repeat each side twice.

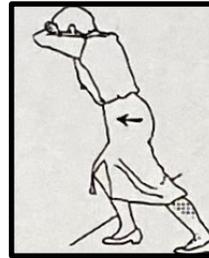


7. Gently tip your head forward to stretch the back of your neck. Hold for 5-10 seconds. Repeat 2-3 times. Hold only tensions that feel good. Do not stretch to the point of pain.

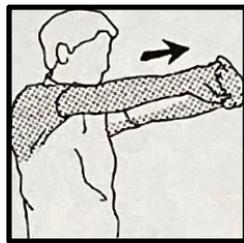
8. Repeat stretch #3



9. Standing with knees slightly bent, place your palms on your lower back just above your hips, fingers pointing downward. Gently push your palms forward to create an extension in the lower back. Hold a comfortable stretch for 10-12 seconds. Repeat twice. Use this stretch after sitting for an extended period of time.



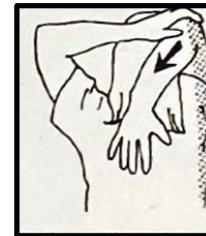
10. To stretch your calf, stand a little ways from a solid support and lean on it with your forearms, your head resting on your hands. Bend one leg and place your foot on the floor in front of you leaving the other leg straight behind you. Slowly move your hips forward until you feel a stretch in the calf of your straight leg. Be sure to keep the heel of the straight leg on the floor and your toes pointed straight ahead. Hold an easy stretch for 10-30 seconds. Do not bounce. Stretch both legs.



11. Interlace your fingers, then straighten arms out in front of you, palms facing away from you. Hold stretch for 10-20 seconds. Do at least two times.



12. Interlace fingers then turn palm upwards above your head as you straighten your arms. Think of elongating your arms as you feel a stretch through your arms and upper sides of your rib cage. Hold for 10-20 seconds. Do three times.



13. Hold right elbow with left hand, then gently pull elbow behind head until an easy tension stretch is felt. Hold 10-15 seconds. Do not overstretch. Repeat other side.



14. With fingers interlaced behind your back, slowly turn your elbows inward while straightening your arms. This is good to do when you find yourself slumping forward from your shoulders. Hold for about 5-15 seconds. Do twice.



15. Hold onto the back of your upper leg just above the knee. Gently pull bent leg toward your chest until you feel an easy stretch. Hold for 10-30 seconds at an easy stretch tension. Do both sides.



16. Sit with left leg bent over right leg and rest right hand on the outside of your upper thigh of the left leg. Now apply some controlled, steady pressure toward the right with your hand. As you do this, look over your left shoulder to get the stretch feeling. Do both sides. Hold for 10-15 seconds.