Sitting for long periods of time can make our muscles stiff. Stretching in the workplace can help reduce the pain and tightness and improve our range of motion. The American College of Sports Medicine recommends performing flexibility exercises at least two to three days per week. See below for instructions for each stretch. Don’t forget to stand up and move for at least 1-2 minutes every half hour. Frequent, small breaks have been shown to reduce injuries and boost comfort and work performance.

**SHOULDERS / BACK / ARMS / HANDS:**
Interlace your fingers, turn your palms upward and straighten your arms. Think of elongating yourself. Breathe deeply and **hold for 15 seconds**.

**EAGLE ARMS:**
Stretch your arms in front of you with palms facing the ceiling. Cross one arm over the other and bring palms together. Lift your elbows and feel the stretch in your upper back. **Hold for 10 seconds on each side.**

**SHOULDER BLADE PINCH:**
Interlace your fingers with elbows straight out to the side while sitting up straight. Pull shoulder blades together to create tension in your upper back. **Hold for 5 seconds, relax, and repeat 3-4 times.**

**REACHING UPPER BODY:**
Reach in opposite directions and point your fingers. Breathe and **hold for 10 seconds on each side.**

**NECK STRETCH:**
Grab your left wrist with your right hand and gently pull your left arm behind your back. Lean your head toward your right shoulder. **Hold for 10 seconds on each side.**