

5-minute Office Stretch

Worksite Wellness Challenge 2014



Gathering Energy

Standing tall, arms relaxed at sides.
Inhale as you raise arms as if tracing around a ball.
Exhale as you slowly press your hands (the ball) down.
3x



Shoulder / Chest Stretch

Standing tall, arms relaxed at sides.
Inhale as you raise arms forward toward the sky.
Exhale as you slowly press your elbows out to the sides and down, then lowering your hands.
3x



Side Stretch

Standing tall, arms relaxed at sides.
Inhale as you raise arms out to the sides and up toward the sky.
Exhale as you gently bend to the side and reach the top arm long.
Inhale as you return to standing.
Exhale as you reach to the other side.
3x



Shoulder Rolls with Neck Stretch

Standing tall, arms relaxed at sides.
Inhale as you roll your shoulders up and back.
Exhale as you gently bend your neck to one side, rolling your shoulders back and down.
Inhale and straighten your neck as you roll your shoulders up and back.
Exhale as you gently bend your neck to the other side, rolling your shoulders back and down.
3x

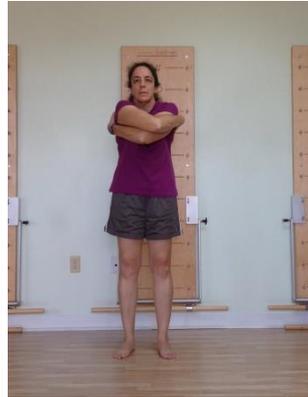
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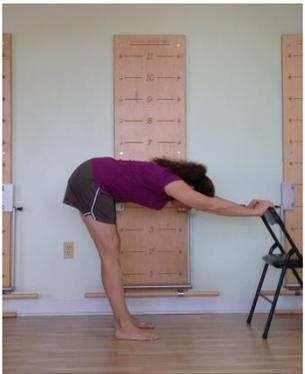
Reach & Rotate

Stand with feet wide, knees unlocked, hands on hips.
Inhale.
Exhale as you turn and reach across to the other side.
Inhale as you turn back, drawing your elbow and shoulder blade back.
Exhale as you continue to turn and reach across to the other side.
3x



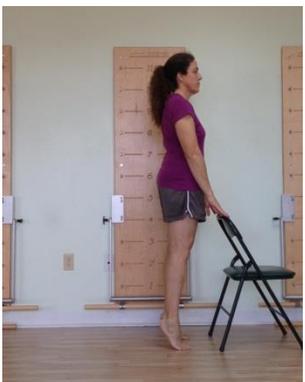
Hug & Open

Standing tall, arms relaxed at sides.
Inhale as you open your arms wide.
Exhale as you hug yourself.
3x



Modified Downward Dog to Cobra

Standing tall facing chair back or table, desk or counter, arms relaxed at sides. Inhale.
Exhale reaching forward for the support as you bend and push back from the hips, keeping spine straight, to feel a gentle stretch in hamstrings and back.
Inhale as you move hips forward, straightening up then leaning forward onto support and looking up.
3x



Heels Up & Tighten / Toes Up & Relax

Standing tall facing chair back or table, desk or counter, touching lightly for balance. Inhale.
Exhale as you rise up on toes, tightening okole and thighs.
Inhale as you slowly lower heels to floor and lift toes/front of feet up.
3x