



Get Fit – Stay Fit

Stretching is Essential

12 tips for stretching at your desk:

1. Just stand up and sit down --no hands
2. Substitute exercise for sitting -- while you work
3. Shrug your shoulders – to release the neck and shoulders
4. Loosen the hands with air circles
5. Point your fingers – good for hands, wrist and forearms
6. Release the upper body with a torso twist
7. Do leg extensions – work the abs and legs
8. Stretch your back with a “big hug”
9. Cross your arms – for the arms and upper back
10. Stretch your back and shoulders with a “leg hug”
11. Look up to release the upper body
12. Substitute walks for email – and don’t eat at your desk!



For more details, visit <http://www.webmd.com/fitness-exercise/features/stretching-exercises-at-your-desk-12-simple-tips?page=2>