

If your job keeps you stationary for long periods at a time, it is good practice to do stretches as apart of your daily routine. Try these exercises periodically throughout the day and start creating healthy habits.

Neck & Shoulders

Reach your arms behind you, interlock your fingers and lift your arms.



Overhead Stretch

Raise your arms above your head, interlock your fingers and push away from your head.



Forward Bend

Raise your arms above your head and lean forward from your hips, keeping your back straight. Hold the back of your chair for stability



Seated Hip Stretch

Sit in the middle of your chair with both feet flat on the floor. Put one ankle on the opposite knee; tilt forward at the waist, while keeping your back straight, until you can feel the stretch.



[http://](#)



NEED MORE OF A STRETCH?

A Workout at Work: 12 Office Exercises – The Washington Post

<https://www.washingtonpost.com/graphics/health/workout-at-work/>

15 Simple & Quick Office Stretches to Boost Work Efficiency

<http://www.lifehack.org/articles/productivity/15-simple-and-quick-office-stretches-boost-work-efficiency.html>