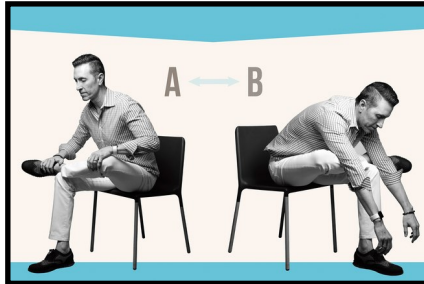


MOVE IT! “MONDAY”

Stretches You Can Do At Work!

Most of us spend hours hunched over computers, smartphones, and steering wheels. That takes a toll on your back, hips, neck, and shoulders, and it's not always easy to find the time to take care of aches and pains. But you can stretch anywhere there's a wall or chair.

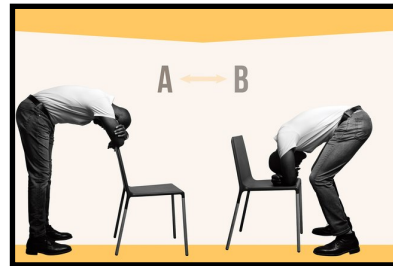


Forward Fold

- Stand facing a chair.
- Place your elbows in your hands.
- Rest your arms either on the back or seat of the chair. (Bend your knees if necessary.)

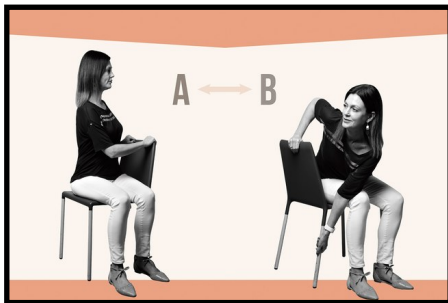
Hip Opener

- Sit on the edge of your chair with your feet hip-width apart, directly under your knees.
- Cross one ankle over the opposite knee.
- Gently stretch forward.



Low Back Release

- Turn sideways in a chair.
- Hold the back of the chair with the arm closest to it.
- Gently twist the front of your body toward the back of the chair.
- Reach your other arm to the opposite knee or farther if you can manage it.



Shoulder Release

- Stand with your left shoulder next to a wall.
- Extend your left arm straight up, palm facing the wall.
- Move your arm down behind you slowly, as if you were going through each hour on a clock, 12 to 6.
- Turn and repeat with your right arm.

