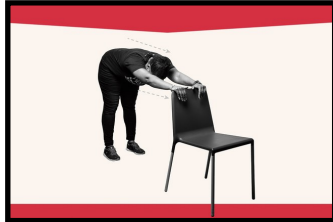


# MOVE IT! “MONDAY”

## 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.

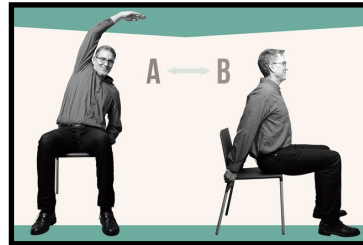


### Half Downward Dog

- Stand facing the back of your chair.
- Place your hands on the back of the chair.
- Step back as far as you can.
- Try to keep your arms and legs straight as you stretch your spine.

### Open Shoulders

- Sit up straight on the edge of your chair.
- Drop one arm to the side.
- With a straight back, raise the dropped arm over your head and lean to the opposite side.
- Switch sides and repeat.
- Stretch your arms behind you and hold the outside edges of the seat back.
- Push your chest out.



### Wrist And Shoulder Release

- For your wrists: Extend your right arm, palm up.
- Gently pull your fingers down and back with your left hand.
- Switch hands and repeat.
- For your shoulders: Stretch your arms straight out and interlace your fingers.
- Turn your hands palms out.
- Gently raise your arms overhead and stretch.

