

STAY ACTIVE

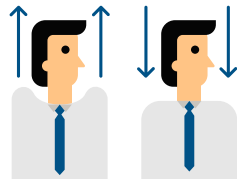
Working in an office has its perks, but sitting at a desk all day can be harmful to your health. Try these simple stretches to avoid musculoskeletal discomfort.



HEAD AND SHOULDERS

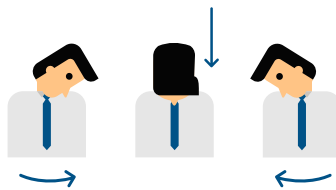
Shoulder Shrug

- Raise and lower both shoulders at once and repeat 10 times.



Neck Stretch

- Lean your head forward and slowly roll it to one side, hold for 10 seconds, then repeat on the other side.
- Repeat each rep three times.



ARMS

Tricep Stretch

- Pull your elbow toward your head and hold for 10 to 30 seconds. Repeat on other side.



Upper Body Stretch

- Push your arms up, stretching upward, and hold for 10 to 30 seconds.



TORSO

Shoulder/Chest Stretch

- Push your chest outward and raise your chin. Hold each rep for 10 to 30 seconds.



Trunk Rotation

- Place your feet firmly on the ground and twist your upper body so that your arm rests on the back of the chair. Repeat on other side.
- Hold each rep for 10 to 30 seconds.



LEGS AND KNEES

Hip and Knee Stretch

- Grip one knee at a time with both hands and pull it toward your chest.
- Hold rep for 10 to 30 seconds.



Hamstring Stretch

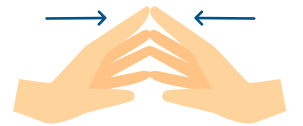
- Extend one or both legs in front of you and reach with one or both hands toward your toes.
- Hold each rep for 10 to 30 seconds.



AVOID CARPAL TUNNEL

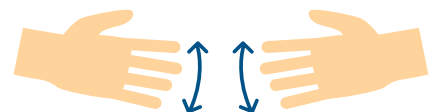
Spider Pushups

- Touch the finger tips on your right hand to the finger tips on your left hand then flex your fingers as if they are a spider doing pushups on a mirror.



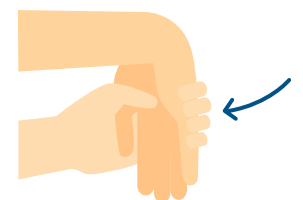
The Shake

- Shake both hands in an up and down motion as if you've washed them and are trying to air dry them.



Wrist Stretch

- Straighten one arm in front of you with a relaxed wrist.
- With your other hand, apply gentle pressure to the extended hand, stretching your wrist and fingers toward your body and hold for 20 seconds.
- Repeat on other side.



Source: <https://www.healthline.com/health/deskercise>