Stretch Break!

If you sit at a desk most of the day, tightness in your back and neck can be a familiar feeling. Stretching can increase blood supply, reduce fatigue and soreness, and decrease stress! Try some of these stretches during your workday.* It’s simple, easy, and can become part of your everyday routine!

 Neck Rotation  Ear-to Shoulder  Chin-to Chest  Wrist and Forearm  Shoulder/ Upper

 Posture Reset  Standing Side  Quad  Shoulder/ Bicep  Shoulder/ Tricep

*Please consult with your physician before starting any exercise routine.