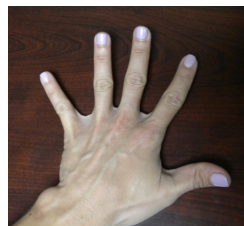


Stretch at your desk routine

General Instructions

- Hold each stretch for 15-30 seconds
- Never hold your breath, continue to breathe deeply throughout the stretch
- Stretching can be done daily or even multiple times per day
- Contact your Exercise Coach for more details about stretching and exercise.

Finger Stretch



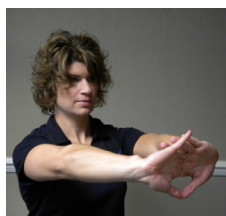
Straighten your fingers until you feel a stretch. Hold for 10 seconds. Next, bend the end and middle knuckles of your fingers. Hold 10-30 seconds, then relax.

Back Scratch



Reach behind your head and place your hand on your upper back. Gently hold your elbow with your opposite hand. Pull your elbow toward the back of your head and reach your hand toward the middle of your back until you feel a gentle stretch. Hold for 10-30 seconds. Relax, and repeat on the other side.

Arm and Shoulder Stretch



Press your hands away from your body. Lace your fingers together and turn your palms facing out. Straighten your arms in front of you. Hold for 10-30 seconds. Relax and repeat.

Chest Stretch



Lace your fingers together behind your head, bringing your elbows back as far as possible. Inhale deeply and lean back until you feel your muscles stretching. Hold for 10 -30 seconds. Exhale, relax and repeat.

Side Neck Stretch



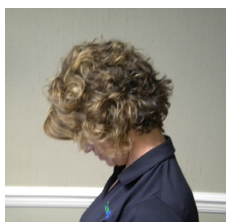
Tilt your head toward one side, gently pushing your ear toward your shoulder. Hold for 10-30 seconds. Lift your head into a normal, upright position. Relax, and repeat three times on each side.

Head Turn



Slowly turn your head and look to one side until your chin is parallel with your shoulder. Hold for three seconds. Repeat the same steps on the other side. Repeat exercise five times.

Chin Tuck



Keeping your back straight, pull your chin toward your chest until you feel a stretch along the back of your neck. Hold for 10 to 15 seconds. Relax, and repeat.

Shoulder Shrug



Slowly bring your shoulders up toward your ears. Hold for three seconds. Then, roll your shoulders back and down. Relax and repeat 5 to 10 times.

Back Stretch



Sit forward in your chair. Cross your right leg over your left. Put your left hand on your right knee, and gently pull toward your left side, slowly turn your head and shoulders to the right. Keep turning until you see the wall behind your right shoulder. Hold for 10-30 seconds. Repeat on other side.