

# DESK STRETCHES

These are stretches to do at your desk.  
This program will take 2 1/2 – 3 min.

- Breathe easily
- No bouncing or forcing
- No pain!
- *Feel* the stretch
- Relax
- See Stretching Instructions, pp. 77–84

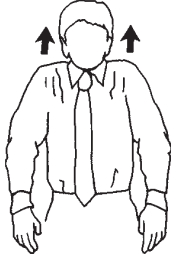
**1**  
5 sec, 3 times  
p. 82



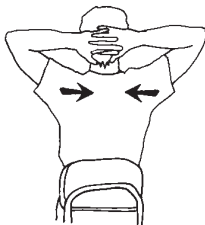
**2**  
5 sec, 3 times  
p. 82



**3**  
5 sec, 2 times  
p. 81



**4**  
5 sec, 2 times  
p. 84



**5**  
5 sec  
p. 84



**6**  
5 sec  
each side  
p. 84



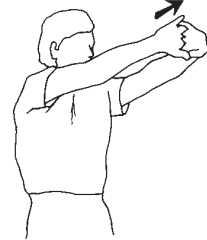
**7**  
5 sec  
p. 84



**8**  
10 sec  
each arm  
p. 81



**9**  
10 sec  
p. 82



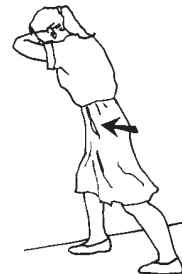
**10**  
10 sec  
p. 81



**11**  
9 sec  
each side  
p. 82



**12**  
10 sec  
p. 79



- Prolonged sitting at a desk or computer terminal can cause muscular tension and pain.
- Taking a few minutes to do a series of stretches can make your whole body feel better.
- Learn to stretch spontaneously throughout the day whenever you feel tense.
- Don't just do seated stretches, but do some standing stretches too. Good for circulation.

From the book:

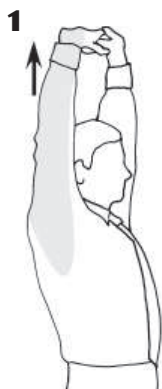
# Online Stretches

1 minute

No matter how fast your modem, you're always waiting for something to load while online. (This will probably never change, for even as modems get faster and faster, files get larger and larger.) These stretches are for your upper body, especially neck, shoulders, and wrists.

- Whenever you are reading online, and not using the keyboard or mouse, you can do upper body stretches using both arms.
- After you follow this program a few times, you'll know these stretches by heart; thereafter do them frequently while online.
- Stretches 1–6 are a special routine. See pages 10 to 13 for details.

*If there isn't time to do them all at one time, break the routine into short combinations: 1, 2, 3 or 4, 5, 6 or 7, 8.*



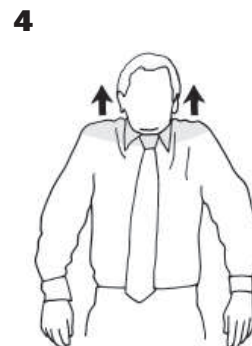
5 sec  
each side  
p. 70



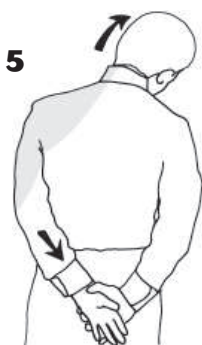
5 sec  
each side  
p. 70



5 sec  
each side  
p. 70



5 sec  
each side  
p. 69



5 sec  
each side  
p. 72



5 sec  
each side  
p. 70



8 sec  
p. 67



8 sec  
p. 67

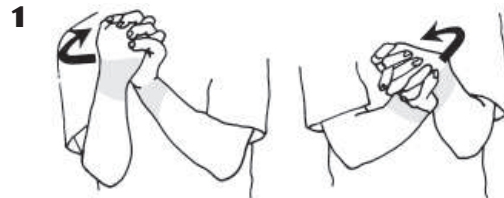
# Stressed-Out Stretches

*Elapsed time: 90 seconds*

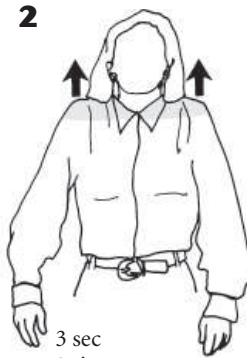
- Had a tough day?
- Computer giving you problems?
- Going to an important meeting?
- Need to relax?

There come those inevitable times during the day when the body signals it has had an overdose of stress. Don't let tension build up and ruin your good work. Pace yourself throughout the day. Take frequent stretch breaks!

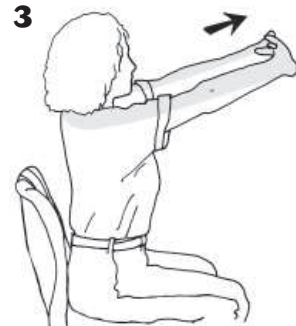
- Breathe deeply.
- Take a few minutes to do these stretches.



10 sec  
each position  
p. 65



3 sec  
2 times  
p. 69



10 sec  
2 times  
p. 69



15 sec  
each arm  
p. 71



10 sec  
p. 70



5 sec  
each side  
p. 73