



Daily 'Deskercise' Routine: Stretches for the Office

The habits we build at our desk, especially while sitting, can contribute to discomfort and health issues such as; neck and shoulder pain, obesity, musculoskeletal disorders, stress, lower back pain, and carpal tunnel.

Set a timer to remind you to take a quick walk or do the following stretches several times throughout the day for 30 seconds each:

Shoulder Stretch



Upper arm stretch



Chest stretch



Chin tuck



Head turn



Side neck stretch



Lower back stretch



Standing thigh stretch



For a guided demonstration of each stretch,
visit, <https://www.mayoclinic.org/healthy-lifestyle/adult-health/multimedia/stretching/sls-20076525?s=1>.