Office Space Stretches

Walking-5 minutes
- Keep a good pace walking
- Good posture
- Swing your arms, get those warmed up too
- Note if anything feels stiff to you that may need extra stretching

Stretching-10 minutes
- For the next 10 minutes, pick some stretches to do
- Everything here can be done in a standing position or seated in your office chair
- Find an area where you feel comfortable stretching
- Most stretches should be held for 15-30 seconds
- Use gentle movements, do not force the stretch
- Breathe deeply. When you breathe out, you can deepen your stretch
- If you feel pain, stop

Standing Back Stretch
- Straight over your head, grab your right wrist with your left hand. Bend halfway down to your left and slowly come across to your right, then return to a straight posture. Repeat, this time going all the way down. Then switch arms, repeat (halfway down, all the way down)

Head roll
- Bring your left ear to your left shoulder. Roll your head forward (towards your chest) and roll until your right ear is to your right shoulder.
- Roll back to the left. Repeat a few times
- NEVER roll your head back

Quad stretch
- Stand on your right leg. Grab your left ankle with your left hand. Keep your thighs parallel. Hold. Switch legs
**Standing Side Stretch**
- Stand with your legs shoulder width apart
- Side bend left while bringing your right arm up and over
- Switch sides, repeat

**Toe Touch**
- Bend forward, bringing fingers towards toes

**Shoulder Stretch**
- Bring right arm straight across chest, holding in place with left arm.
- Switch sides, repeat

**Triceps Stretch**
- Bring your hand to the middle of your upper back with your elbow pointing towards the ceiling. Use the opposite hand to gently pull back on elbow.
**Chest Stretch**
- Clasp your hands behind your back.
- Slowly bring them up

**Seated lower back/gluteal stretch**
- Sit on a stable surface
- Bring right ankle to left knee
- Left elbow to right knee
- Twist towards the right
- Alternatively, from a seated position, bend forward

**Seated hip flexor stretch**
- While seated, bring your right ankle to your left knee
- Gently bend forward
- Switch sides, repeat