

Stretch at Work Checklist

By Alex Strickland

- ☐ Hands and Arms
 - ☐ Make a fist with each hand, keep your thumbs out straight.
 - ☐ Pull your fingers up your palm until your fingertips touch the base of your fingers.
 - ☐ Place one hand on the fingers of the other.
 - ☐ Slowly bend wrist down until you feel a stretch Hold 3-5 seconds and relax.
- ☐ Neck
 - ☐ Pull your shoulders up to your ears, hold for 3-5 seconds, and relax.
 - ☐ Sitting or standing with a straight back, relax your head to the right (or left), trying to touch your ear to your shoulder.
- ☐ Back
 - ☐ Sitting in your chair with feet flat on the floor, reach your arms above your head and interlace your fingers.
 - ☐ Press arms as far back you can and hold a moment.
 - ☐ Slowly lean to one side, hold for a few seconds and then return upright.
 - ☐ Repeat on the other side.
- ☐ Feet and Legs
 - ☐ Lift left leg straight in front of you.
 - ☐ Flex and point foot, so toes stretch up to ceiling, then straight out.
 - ☐ Repeat 2-3 times, then rotate foot in circles.
 - ☐ Repeat with right leg.
- ☐ Tips
 - ☐ Stretch slowly.
 - ☐ Remember to breathe normally.
 - ☐ You should feel a gentle stretch in the muscles, sharp pain is a sign of overstretching.
 - ☐ Hold each stretch for at least 15-20 seconds, or until you feel the muscle relax.
 - ☐ Repeat each stretch 2- 3 times.
 - ☐ Avoid bouncing or jerky movements during stretching.
 - ☐ Relax your mind and the rest of your body as much as you can - enjoy the sensation.

- ☐ Maintain good posture while stretching - sit up straight, stand tall.