

# 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.