

## Week 3: Stretching

Average (e.g., computer, TV) screen time per day (adults) = **8.5 hours**

*Yikes!* Sitting or standing for long periods of time can take a toll on your body and mind. Give yourself a break – try **simple** office stretches throughout the day.

### Benefits of Stretching

- ▶ Provides a mental break (i.e., reduces stress)
- ▶ Increases energy
- ▶ Increases your ability to perform work-related tasks
- ▶ Improves balance and posture
- ▶ Reduces muscle fatigue and soreness



### The 20-20 Rule

**Every 20 minutes, stand for 20 seconds and stretch or shake things out**

Just **20 seconds** away from your computer screen *increases circulation* and *reduces fatigue*

### Office Stretches



Reach above your head, grasp your hands together, turn your elbows in and press up. Hold for 5 sec.



Reach behind your chair, grasp your hands together, turn your elbows up and press out. Hold for 5 sec.



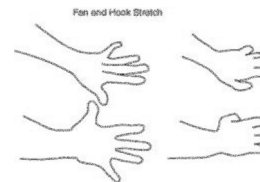
Reach one hand behind your head (toward the other shoulder blade). Use other hand to increase the stretch. Hold for 5 sec.



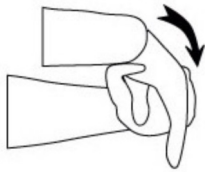
Bring knee up towards your chest. Keep your back against the backrest of the chair. Hold for 5 sec,



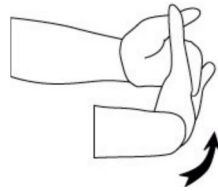
Sitting in your chair, lean forward and reach for the floor. Hold for 5 sec. and slowly sit up.



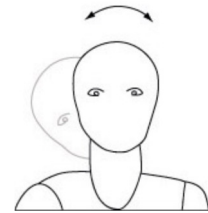
Open your fingers (fan) and then hook them. Hold for 5 sec.



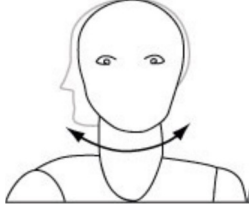
With your arm straight, bend your wrist down. Use other hand to increase the stretch.



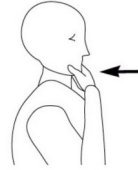
With your arm straight, bend your wrist up. Use other hand to increase the stretch.



Looking straight ahead, tilt your head moving your ear towards your shoulder.



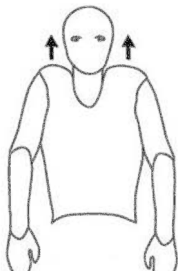
Look straight ahead. Rotate head to the right. Hold for 5 sec. Repeat looking left.



Looking straight ahead, move your head straight back. Keep eyes level. Hold for 10 sec.



Looking straight ahead, tilt your head and move chin towards chest. Hold for 5 sec.



Raise your shoulders up towards your ears. Hold for 5 sec.



Bring one arm across body. Use other hand to increase stretch. Hold for 5 sec.



Roll your shoulders up and back. Hold for 5 sec.

### Ankle ABC's

Ankle ABC's can be performed while at your desk or in a meeting. Your boss won't even know!

1. Sit in a chair. Dangle one foot in the air.
2. Use the big toe as your "pencil."
3. Slowly draw capital letters of the alphabet.
4. Switch feet. **Repeat 2 -3 times.**



**Recommendation:** Complete this series of stretches **2 to 3 times per day.**

### Stretching Log

Track and record the number of times you stretch each day. **Use the chart below as a template.**

Stretch	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
E.g., Chin Tuck							

**Resources:** [www.mayoclinic.com](http://www.mayoclinic.com)