

DISTRESS OR DE-STRESS?

STRETCH IT OUT

DID YOU KNOW?

On average, Canadian adults spend 9.8 hours of their daily waking hours being sedentary.

Yikes! Sitting or standing for long periods can take a toll on your body and mind. Studies have now consistently verified that a sedentary lifestyle can contribute to obesity, diabetes, and cancer as well as many inflammatory conditions. Lack of physical activity is the fourth leading risk factor for global mortality. It can be hard to get away from a focused project or important meeting or find the time in your workday to devote to exercise. Your days are long, so stretch it out!

Benefits of Stretching

- Provides a mental break to help reduce stress
- Increases energy
- Increases your ability to perform work-related tasks
- Improves balance and posture
- Reduces muscle fatigue and soreness



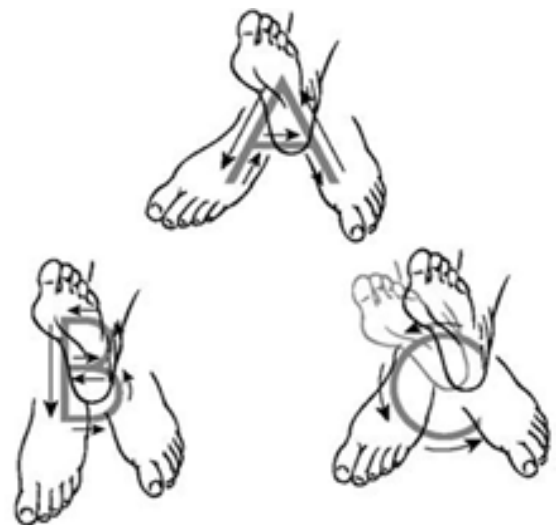
THE 20/20 RULE

Give yourself a break. Try some simple stretches throughout the day to increase circulation and stay focused and productive. Use the 20/20 rule: stretch 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.

Start with your ABCs

Ankle ABCs can be performed while at your desk or in a meeting.

- 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 to 3 times.



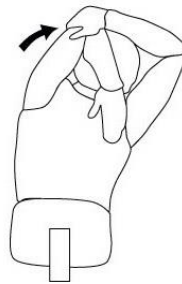
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STRETCH IT OUT

Try these stretches 2 to 3 times a day to ward off pain and stiffness, and add a boost of energy to your day!



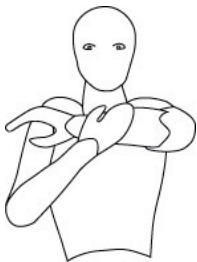
Reach behind your chair. Grasp your hands together, turn your elbows up and press out. Hold for 5 seconds.



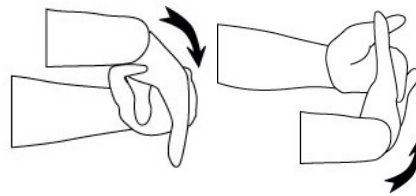
Reach one hand behind your head (toward the opposite shoulder blade). Use the other hand to increase the stretch. Hold for 5 seconds.



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



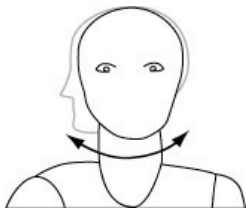
Bring one arm across your body. Use the other hand to increase the stretch. Hold for 5 seconds.



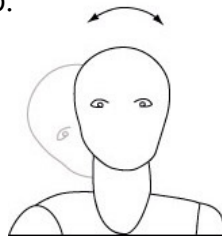
With your arm straight, bend your wrist down. Use the other hand to increase the stretch. Repeat bending the wrist up.



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



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



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



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

Sources: www.medicalnewstoday.com/articles/322910
www.mayoclinic.com