

# DISTRESS OR DE-STRESS?

## 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!

Hold each stretch for 10 seconds and repeat on the other side where applicable.

### Stretch #1 – Lower Back

- Stand upright, with feet shoulder-width apart.
- Place your hands on your hips.
- Push the hips forward.
- Keep the head balanced over the ankles, eyes looking forward.



### Stretch #2 – Back & Legs

- Stand upright, with feet shoulder-width apart.
- Grasp the lower leg with your hands. Use one hand to balance if needed.
- Pull the knee to the chest.



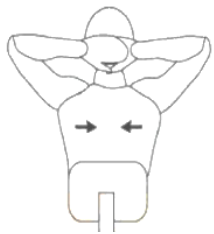
### Stretch #3 – Shoulders & Upper Back

- Stand upright with feet shoulder-width apart and arms at your sides.
- Grasp hands together in front of the chest.
- Turn the palms up to the ceiling, and push arms over the head.



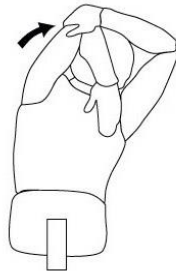
### Stretch #4 – Neck

- Stand upright with feet shoulder-width apart.
- Clasp hands tightly behind your neck.
- Push elbows back, squeezing the shoulder blades together.



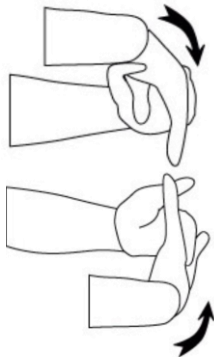
### Stretch #5 – Arms & Shoulders

- Extend one arm up over the head.
- Bend the elbow, and touch the tip of the opposite shoulder blade.
- Grasp the arm just above the elbow and gently pull.



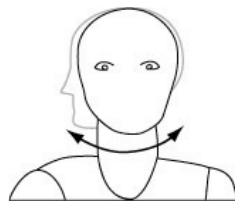
### Stretch #6 – Hand, Wrist & Forearm

- Stand with feet shoulder-width apart.
- Extend the arm straight in front of the body.
- Use the opposite hand to gently push the hand, bending the wrist up.



### Stretch #7 – Neck

- Stand upright with feet shoulder-width apart, arms at the sides, and looking straight ahead.
- Turn the head to the side 45 degrees.
- Return to set position and repeat.



### Stretch #8 – Lower Leg

- Stand upright with feet shoulder-width apart.
- Lift one leg and rest it on the seat of the chair.
- Lean forward slightly at the hips, resting the hands on the thigh.

