

## Desk Stretches



### EYES:

- Take care of your eyes. Follow the 20-20-20 rule espoused by eye doctors: For every 20 minutes spent focusing on your computer screen, spend 20 seconds focusing on something 20 feet away.



### NECK Stretch

- Sitting tall in the chair with the neck relaxed, gently tilt the head to each side, then front and back, holding each position for a count of 10. Turn your head slowly from side to side a few times periodically. Apply pressure with your opposite hand to facilitate a better stretch to the side and looking towards your 'arm pit' = diagonal stretch.



### FOREARM Stretch

- Position your right arm straight in front of you with your palm facing outward and your fingers pointing down. Using the left hand, gently pull the palm toward you and hold for a count of 10. Next, raise your hand so that your palm is facing away from your body and your fingers are pointing toward the ceiling. With the left hand, gently pull the right hand toward your body and hold for a count of 10. Repeat with the left arm
- Roll your wrists regularly in both directions and stretch your hands to avoid carpal tunnel syndrome if you type a lot.



### FINGER Pulls

- Grasp each finger at its base and very gently pull it in the opposite direction. Hold each for a count of 5.



### TENDONS

- Start with one hand pointing toward the ceiling. Make a fist. Then touch your fingertips to the base of your palm, keeping the thumb straight. Next, make a hook with your fingers, and then straighten them out again. Repeat 5 times.



### CHEST Stretch

- Find an uncluttered corner in your office or cubicle. Stand about a foot away from the walls, facing the corner. Raise your elbows until they are level with your shoulders and then place both forearms directly on the walls. Next, keeping the body in alignment, lean into the corner and hold for 10 seconds. You should feel a good stretch across the pectoral muscles in your chest.

**Yes, sitting is hazardous to your health if seated more than 4 hours, regardless of activity level for one session.**

**Throughout the day, contract your larger muscle groups, such as gluteal, abdominals, shoulders and leg muscles; hold them for a few seconds, then release. Perform getting up and sitting; add movement every 2 – 3 hours;**

Of course, none of these exercises and stretches replaces real honest-to-goodness exercise, but it can help keep you looser and fresher. When possible, get outside.

Refresh and Revive!

Diagrams of stretches found on MSNBC.

... *Your Resource for Success* ...

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