

Office Stretches and Exercises



Benefits

- **Improved posture:** Stretching can help improve your posture, which can reduce pain in your neck, shoulders, and back
- **Reduced stress:** Stretching can increase serotonin levels, which can help stabilize your mood and reduce stress
- **Improved flexibility:** Stretching can help increase your flexibility and body awareness
- **Reduced injury risk:** Stretching can help prevent muscle injuries like strains and sprains
- **Improved circulation:** Stretching can improve circulation, which can help you feel more energized and focused

How to incorporate stretching

- Take a few minutes to stretch and exercise at your desk
- Stand up while on the phone or taking a quick water break
- Take a short walk after eating lunch
- Get up from your seat every hour and walk around the office
- Use a break reminder app to alert you every hour to get up and move around

SOURCES: HealthLine.com & Mayo Clinic