



HEALTH AND WELLBEING CHECKLIST

Date

52

Stretching Breaks for Desk Workers

Frequent stretching prevents stiffness and improves circulation during desk work. Use this checklist to stay active at your workstation.

Set a Timer for Stretch Breaks

- Schedule a 5-minute stretch every hour to stay active.
- Use phone alarms or apps as reminders.



Stretch Your Neck

- Slowly tilt your head side to side, forward, and backward.
- Hold each stretch for 10-15 seconds to relieve tension.



Roll Your Shoulders

- Rotate your shoulders forward in a circular motion.
- Repeat the motion backward to release upper body stiffness.



Extend Your Arms

- Stretch your arms overhead and interlock your fingers.
- Hold the stretch for a few seconds to lengthen your spine.



Stretch Your Wrists

- Extend one arm and gently pull your fingers back with the opposite hand.
- Alternate hands, holding each stretch for 10 seconds.



Do Seated Spinal Twists

- While seated, turn your torso to one side and hold the stretch.
- Repeat on the other side to stretch your back muscles.





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Stand and Stretch Your Legs

- Perform hamstring stretches by reaching for your toes.
- Add calf raises to improve circulation in your lower body.



Perform a Chest Opener

- Clasp your hands behind your back and lift slightly.
- Open your chest and take deep breaths for added relaxation.



Incorporate Desk Yoga

- Try seated cat-cow stretches to loosen your spine.
- Use your chair for support during poses like seated side bends.



Shake It Out

- Stand up and shake your hands, arms, and legs to release tension.
- Light movement boosts energy and eases muscle tightness.



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