

A BETTER ME **HEALTH AND WELLBEING** CHECKLIST

Date



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

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

Stretch Your Neck

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

Roll Your Shoulders

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

Extend Your Arms

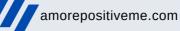
- O Stretch your arms overhead and interlock your fingers.
- O Hold the stretch for a few seconds to lengthen your spine.

Stretch Your Wrists

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

Do Seated Spinal Twists

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





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Stretching Breaks for Desk Workers

Stand and Stretch Your Legs

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

Perform a Chest Opener

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

Incorporate Desk Yoga

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

Shake It Out

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



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