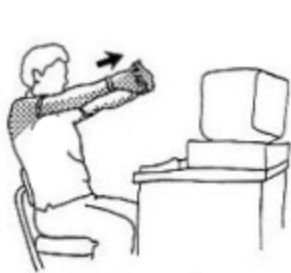


Seated Stretches

Help alleviate and reduce neck and shoulder stiffness resulting from prolonged sitting. Do these stretches throughout the day or whenever you feel stiff, tight, or sore. Frequently stand up and march in place or walk around to loosen up. You'll feel better with every move!

Hold each stretch 15-20 seconds and repeat each side 2-3x.



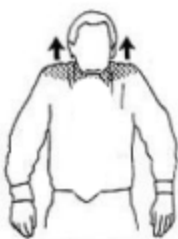
Press hands forward



Stretch/press arms overhead



Hold elbow and stretch to one side



Lift shoulders and roll
Forward and backward
and down



Neck stretch to
both sides



Fingers Up - press
palms together and down



Fingers down - press
palms together



Reach one arm up/
Press opposite down



Opposite hand to knee
turn towards bent knee



Press shoulders back and
press lower back forward¹



Shake out both hands

¹ Stretching 2000 by Bob and Jean Anderson, Shelter Publications, Inc.