

# 5 Stretches You Can Do at Your Desk

Sitting at a desk all day can cause your body to feel a few aches and pains over time. Use these exercises to get rid of any pain and get your body back to its old self.

1

## Shoulders:

Rotate your shoulder/arm for 3-5 seconds three times or more.

2

## Neck:

Using your hands, massage your neck starting at the top of your spine, or just beneath your head. Do this for 5-10 seconds, repeating three times.

3

## Head turn:

Start facing left and turn your head slowly to the right as far as it will go. Do not overstretch your neck. Hold each rotation 5-10 seconds and repeat three times.

4

## Bend:

Stand up and raise your arm (left or right) in the ballerina pose and with your other hand on your hip stretch your upper body to the left and then to the right. Do this for 5-10 seconds and repeat 10 times.

5

## Leg stretches:

Sitting comfortably on your chair, with your upper body straight, raise your legs one at a time to waist level. Repeat 10 times for 5-10 seconds.

