

## Stretch Break!

If you sit at a desk most of the day, tightness in your back and neck can be a familiar feeling. Stretching can increase blood supply, reduce fatigue and soreness, and decrease stress! Try some of these stretches during your workday.\* It's simple, easy, and can become part of your everyday routine!



Neck  
Rotation



Ear-to  
Shoulder



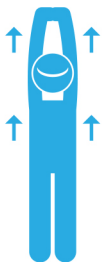
Chin-to  
Chest



Wrist and  
Forearm



Shoulder/  
Upper



Posture  
Reset



Standing  
Side



Quad



Shoulder/  
Bicep



Shoulder/  
Tricep

\*Please consult with your physician before starting any exercise routine.