

# Stretch breaks can improve flexibility.



## The real truth about stretching...

We're not stretching the truth—regular stretch breaks during the day can make you more flexible and work wonders to increase productivity and reduce the risk of injury. Try these tips for stretching at your desk:

- Stretch gently and control your movements.
- Know your limits and stretch only to the point of mild tension.
- Make stretching a daily priority.
- Add fun to your routine by taking stretch breaks with coworkers seated nearby or play soft music, if allowed in your workplace.
- Include all areas in your stretching routine—arms, hands, wrists, forearms, lower back, neck and shoulders.



**BlueCross BlueShield  
of Texas**



**TRS-ActiveCare**  
TEACHER RETIREMENT SYSTEM OF TEXAS

Source: Mayo Foundation for Medical Education and Research

45283.0706 TRS