



BlueResourceSM – Workplace Wellness – Stretching at Work

Take Time to Desker-cise

Too much time sitting at a desk can take a toll on your body. Take stretch breaks during the day. They fight muscle fatigue, tension and pain. Ready to feel better? Try these work-friendly stretches.

Give your neck a break. Tilt your head to the left and then right. Drop your chin to your chest, then raise it. Turn your head right, return to center, then turn left.

Shrug off tension. Roll your shoulders five times. Use a circular motion. Roll your shoulders backwards five times with the same circular motion.

Choose sides. Interlace your fingers and lift your arms overhead. Press your arms backward as far as you can. Lean left, then right until you feel the stretch.

Get leggy. Bring your legs straight out in front of your body as you sit straight up in a chair. Hold them in that position for five seconds. Relax them for a few seconds, then repeat.

Back down. Sit in a chair with your knees apart. Bend down with your head and arms between your knees. Hold briefly, then return to upright position.



Stretch your way to more energy and less pain at work.

Sources: *Get Up and Stretch Right at Your Desk.* Northwestern University. 2020.
Exercises and Stretches. Division of Occupational Health and Safety, National Institutes of Health. 2020.

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