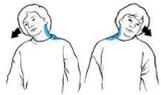


Raise the top of your shoulders towards your ears until you feel slight tension in your neck and shoulders. Hold for 3-5 sec., relax your shoulders to a neutral and natural position. Do this 2 or 3 times.



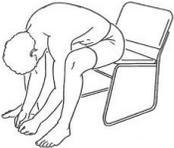
Drop your head slowly to the left, trying to touch your left ear to your left shoulder. Hold for 3-5 sec. and repeat on the right side. Do this 2 or 3 times.



Slowly drop your chin to your chest. Turn your head towards your left armpit. Hold for 3-5 sec. and then switch to the right side. Do this 2 or 3 times.



Slowly roll your shoulders backward five times in a circular motion. Next, roll your shoulders forwards five times. Repeat.



Sit tall on a chair with your arms in between your legs. Hinge at the waist as you bring your chin towards your chest. Let your arms and upper body relax between your knees. Hold for 5-10 sec., relax, and repeat.



Can be performed with your foot on a 2-6" step or flat on the ground. Standing tall, put your left leg straight out in front of you. Lift your left toes up so only your heel touches the ground. Keeping your back as straight as possible, hinge at the waist. A mild, comfortable stretch should be felt behind your thigh. Hold stretch for 10 seconds, release slowly and switch sides. Stretch both legs twice.

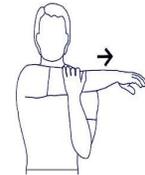
Workplace Stretches Independence School District



Interlace fingers out in front of you at shoulder height. Turn palms outward as you reach forward. Hold 5-10 sec., relax, and repeat.



Interlace fingers overhead. Turn palms upward as you push your palms up and back. Hold 5-10 sec., relax, and repeat.



Gently pull arm across chest towards opposite shoulder. Keep your shoulders relaxed. Hold 5-10 sec., relax, and repeat with opposite arm. Stretch both arms twice.



With both arms overhead, place your left hand behind neck. Hold the elbow with your right hand. Gently pull the elbow behind the head creating a stretch. You may bend slightly at the waist to the right side if you choose. Hold 5-10 sec., relax, and repeat. Switch arms, hold 5-10 sec., relax, and repeat.



Clasp your hands behind your back. Slowly turn your elbows inward and straighten arms. Lift arms up towards the ceiling until you feel a stretch. Stay upright; do not lean forward. Hold 5-10 sec., relax, and repeat.

Questions? Contact the Wellness Center @ ext. 10125