



# Live Well, Work Well

Health and wellness tips for your work, home and life—brought to you by the insurance specialists at Capital Financial Group

Within a minute, you can loosen strains with some quick and easy desk stretches.

## ONE-MINUTE OFFICE STRETCHES

Even though you are sitting comfortably at a desk throughout the day, your muscles can get tight and sore. Yet, within a minute, you can loosen strains with the following quick and easy desk stretches.

### Neck

- Lower your ear to your shoulder and then roll your chin onto your chest. Then, roll it up to the other shoulder and back again. Repeat this exercise five times.
- Turn your head and look over your shoulder. Hold this position for five seconds. Repeat this exercise five times for each side.

### Hands and Wrists

- Circle your wrists inward and then outward. Repeat this exercise 10 times in each direction.
- Spread your fingers widely and hold this position for five seconds. Repeat this exercise five times.
- Clench your fists, stretch your hands out parallel to the ground and do 10 wrist circles in each direction.
- Extend your arm to the floor and push your fingers with your opposite hand towards your body. Hold this stretch for five seconds and then switch hands.

### Upper Back and Shoulders

- Move your arms over your head in a climbing motion. Repeat this exercise 10 times for both arms.
- Circle your shoulders forward and backward. Repeat this exercise 10 times in each direction.
- Inhale and shrug your shoulders to your ears. Hold for five seconds and release.

- Grab your right elbow with your left hand and stretch your arm across your chest. Hold this position for five seconds and switch to your other arm.
- Stretch your arms around the opposite shoulder blade and give yourself a hug.
- Hug your legs with your arms while sitting, allowing your chest to rest on your legs.

### Lower Back

- Bend to one side while sitting in your chair. Hold this position for 10 seconds and then repeat on the other side.
- Rotate your body to one side and hold this position for 10 seconds. Then, do the same on the other side.
- Stand up with your hands supporting your lower back. Then, arch your back slightly for five seconds. Repeat three to five more times.
- Stretch your legs in front of you and point and flex your toes 10 times.

