



Stretching for Desk Workers

Chest stretch

Take a big deep breath and as you exhale, stretch upwards (like you stretch in the morning after waking). Hold this for 30 seconds and slowly bring your arms down. This is particularly useful if you feel yourself slouching throughout the day.

Neck Stretch

This can either be performed sat down or standing up. Again take a deep breath as you breathe out look over your right shoulder and hold for 30 seconds. Then take another deep breath and exhale and look over your left shoulder and hold again for 30 seconds.

Lower back stretch

If safe to do so, whilst sitting on a chair take a deep breath and lean forwards, allowing your body to relax, and hold for 30 seconds. This is an ideal way to refocus and move your back if you have been sat down for long periods.

Wrist Stretch

Holding your arm out with palm facing down in front of you, pull your palm backwards and hold for 30 seconds, then slowly pull downwards and hold for a further 30 seconds.

Upper back stretch

Perform this sat down (if safe to do so) and with enough space in front of you, lift your arms up. Take a deep breath and clasp your hands together in front of you and imagine someone is pulling you forwards without moving your back.