

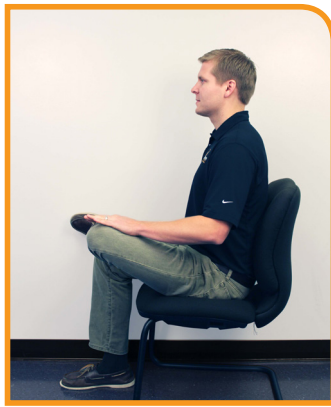
# HEALTH AT YOUR DESK

MOVING BEYOND GOOD POSTURE

## MOBILITY & STRETCHING

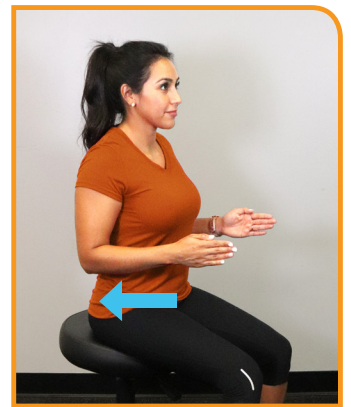
### Executive Stretch

- Sit on chair or bench with ankles positioned below the knees.
- Cross lower leg over thigh of opposite leg.
- Slowly lean forward, lowering torso toward thighs.
- Hold stretch for 30 seconds.
- Repeat with opposite leg.



### Seated Row

- While sitting in a chair bend arms to 90 degrees, and squeeze shoulder blades back and down and pull elbows back (a row motion) while keeping arms close by the side.
- While squeezing the shoulder blades together, use slow and controlled motion to return to starting position.



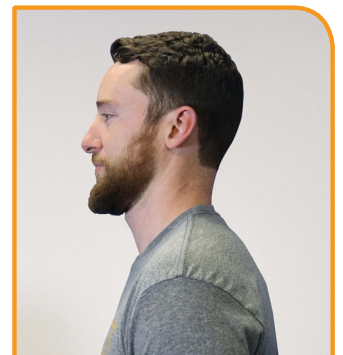
### Seated Neck Stretch

- Start seated in a neutral position with shoulders relaxed.
- Place right palm on right thigh and loop left hand under the seat of the chair.
- Tilt head to right, allowing right ear to move to right shoulder. Hold for 15 seconds.
- Slowly tilt head while lowering the chin towards the shoulder. Hold for 15 seconds.
- Release and repeat on other side.



### Chin Tucks

- Start seated in a neutral position with shoulders relaxed.
- Continue to look forward, eyes set on the horizon.
- Slowly press head directly back, as if pressing against a wall.
- Do NOT let the chin move up or down while sliding head back.
- Hold for 2 seconds, repeat 10 times.



### Brugger Exercise

- Wrap resistance band on each hand with palm open.
- Keeping shoulders down, extend arms out to the side.
- While keeping palms facing the same direction, extend arms fully out to side.
- While squeezing and contracting the shoulder blades, return slowly to position 2.
- Return to position 1 and repeat 10 times.



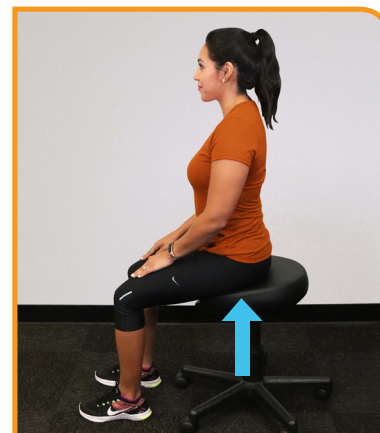
### Hip Flexor Stretch

- Begin in a lunge position with the knee of the side to be stretched on the ground.
- Actively engage your core and glute on the side being stretched to prevent your pelvis from tilting forward.
- Throughout this stretch, apply downward pressure into the knee that is on the floor as if driving the knee backwards.
- Allow the same side hip to lower deeper into the stretch by sinking downward and forward.
- To finish the stretch, take the arm of the same side being stretched, and arch it up and over your head until you feel additional stretching from the abdomen to the front of the thigh.
- Hold this stretch for 30 seconds.



### Seated Press Up with Glute Squeeze

- Sit at the edge of chair with feet flat on the floor.
- Flex the glutes as hard as possible to raise self up in the chair, as though doing a push-up with glutes.
- Repeat the contraction 10-15 times.



*Always consult with your doctor before starting any exercise program. Stop immediately if you experience any pain, tingling, or difficulties performing this exercise.*