









Stretches for people who mostly sit all day...

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|  <p>Traps stretch</p> <p>Left hand on your shoulder and right hand behind your back. Bend your head towards the left shoulder. Hold for the count of 10, breathing gently. Repeat on the other side.</p> |  <p>Chin tuck</p> <p>Stand erect, unlock your knees and look straight ahead. Make a double chin keeping your head erect. Hold for the count of 10.</p> |
|  <p>Flexor stretch</p> <p>Right arm held out straight. Use your left arm to pull back gently on the fingers and bending your wrist outwards. Hold for the count of 10. Repeat with the other hand.</p> |  <p>Extensor stretch</p> <p>Right arm held out straight. Use your left arm to pull your fingers in gently and bending your right wrist inwards. Hold for the count of 10. Repeat with other hand.</p> |
|  <p>Shoulder rotation</p> <p>Left hand on your left shoulder. Gently draw a large circle backwards with your left elbow. Repeat on the other side.</p> |  <p>Shoulder stretch</p> <p>Keeping your arm straight and shoulder relaxed pull your arm across your body at shoulder height. Hold for the count of 10. Repeat on the other side.</p> |
|  <p>Eyes and hands</p> <p>Relax in a standing position, feet apart. Shake both hands while looking far away then looking close up. Continue for the count of 10.</p> |  <p>Posture</p> <p>Stand up feet apart. Unlock your knees. Tuck your chin in. Place your hands on hollow of your back and push your pelvis forward while arching your back slightly over your hands. Straighten immediately. Repeat twice more.</p> |