

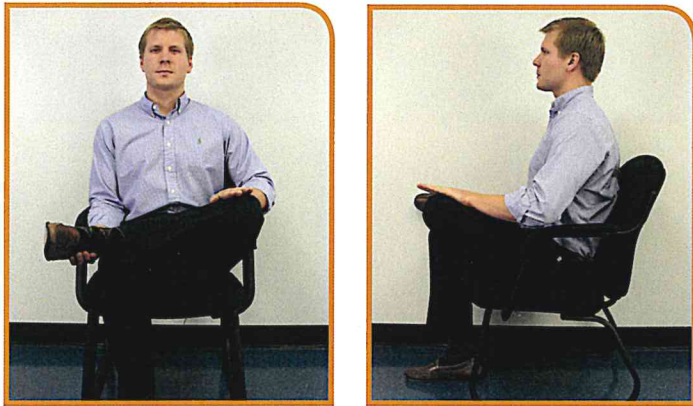
# HEALTH AT YOUR DESK

MOVING BEYOND ERGONOMICS

## MOBILITY & STRETCHING

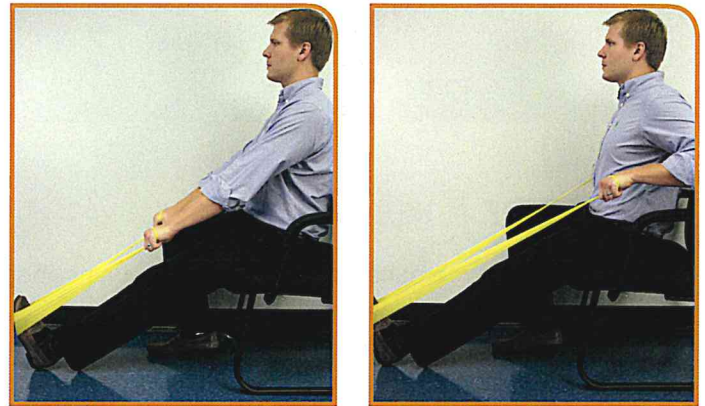
### Executive Stretch

- 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

- Wrap the resistance band around your feet as shown in the picture below. Make sure to sit up as straight as possible.
- Bend at elbows and pull band toward body as you squeeze shoulder blades.
- Return to start position and repeat for 12 repetitions.



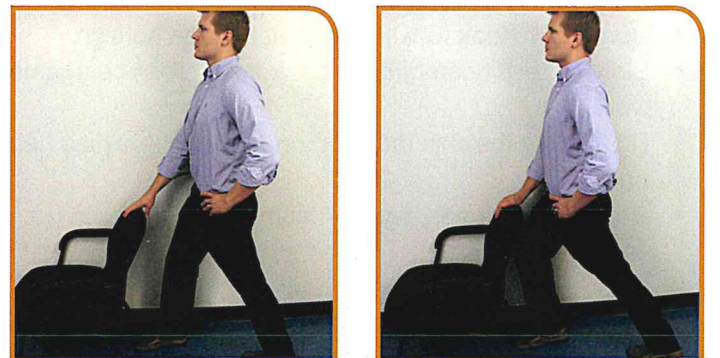
### Seated Neck Stretch

- 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 as you lower your chin towards your shoulder. Hold for 15 seconds.
- Release and repeat other side.



### Standing Hip Flexor Stretch

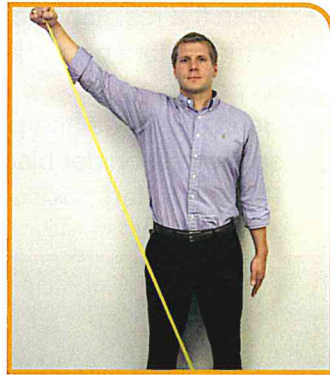
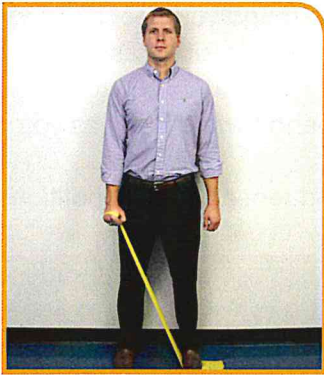
- Stand directly behind a chair in a split stance with the right leg in front and the left leg in back.
- Turn the toe of the left leg (the toe in back) slightly inwards.
- Slowly lunge forward by bending forward leg.
- With chest high, straighten hip of rear leg by pushing hips forward. Hold stretch for 30 seconds.
- Return to start position and then repeat with opposite side.





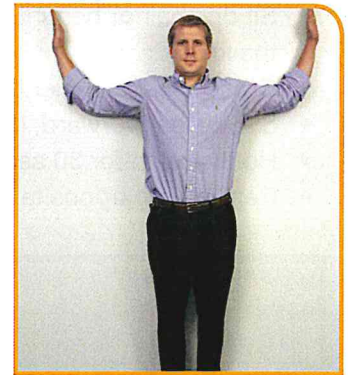
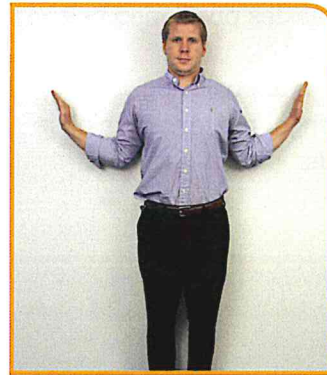
### The Sword

- Stand on one end of the resistance band and grab the other end of the resistance band with the opposite hand.
- While standing tall and maintaining good posture, press the band up in a diagonal line until your arm is extended over your head
- Slowly return to the starting position. Repeat 10-15 times.



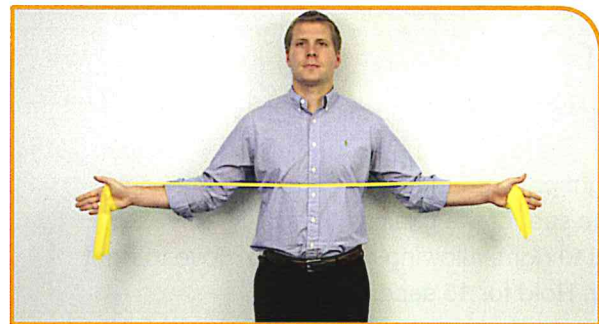
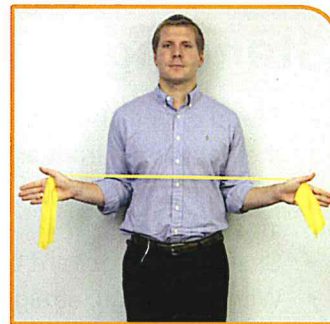
### Wall Angels

- Stand against wall with your feet shoulder width apart.
- Gently press low back against wall.
- Place back of elbows, forearms, and wrists against wall.
- Bring arms up and down slowly in a small arc of motion while keeping elbows in contact with wall.
- Repeat 10 times.



### Brugger Exercise

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



### Chin Retractions

- 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.

