

# Stretches at Your Desk

**Great at-your-desk exercises to refresh, refocus and revitalize in 60 seconds or less.**

If you work behind a desk all day, chances are good that you have experienced muscle tension and stiffness. There is something about holding your body in one position hour after hour that leaves you in kinks.

Combined with bad posture sitting at a desk makes for tight shoulder, neck and back muscles. Thighs and calves can also tighten making movement - when you finally get up - stiff.

Yoga is an excellent way to move with greater ease. It allows you to stretch tired, achy muscles while simultaneously focusing your mind and relieving stress.

Here are several yoga inspired poses that can be done right at your desk.

## Stretches at Your Desk



### Knee Squeeze

Sit on the edge of a chair. Pull one leg to your chest, grasp with both hands, and hold for a five breaths. Repeat with opposite leg.

## Yoga Solutions

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### Windmill

Sit on the edge of a chair. Place your feet hip-width apart on the floor. Bend over and touch your right hand to your left foot. Extend your left arm up towards the ceiling. Hold for five breaths. Come back to center. Repeat on the opposite side.



### Back Relaxer

Sit on the edge of a chair. Place your feet hip-width apart on the floor. Roll your body down between your knees as far as you can. Relax the back of your neck and let your head hang. Hold for five breaths. Return to an upright position.



### Side Stretch

Sit on the edge of a chair with your feet hip-width apart and firmly planted on the floor. Lift your arms beside your head, taking hold of your left wrist with your right hand. On an exhalation, gently stretch to the right, pulling your left arm and wrist with your right hand. Press down to the left buttock. Hold for ten seconds, breathing evenly. Return to center and repeat on the opposite side.

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## Yoga Solutions

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### Middle-Upper Back Stretch

Raise your right arm beside your head and grasp it below the elbow with your left hand. Bend your elbow and move your right hand down your back. Gently pull your right elbow toward the center of your head. Be careful not to over arch your lower back. Hold for five seconds. Return to center. Repeat with opposite arm.



### Wrists

With arms extended straight in line with your shoulders and palms facing forward, turn your fingers towards the floor curling them back towards your forearms. Next, move back to where you started, fingertips facing the ceiling. Repeat five times. Release.



### Shoulder Rolls

Slowly roll your shoulders forward five times in a circular motion. Then roll your shoulders backward five times with the same circular motion. Remember to breathe!



### Neck Stretch

Sit or stand upright. On an exhalation, drop your right ear toward your right shoulder without lifting your right shoulder or turning your head. Take several breaths in and out, feeling the stretch on the left side of your neck. Keep your shoulders relaxed. Slowly return the head to center and repeat on the opposite side.



### Chest Stretch

Sit near the edge of a chair, interlace your fingers and place your palms against the back of your head. Pull your elbows back away from your ears until you feel a pull across your chest. Hold for three to five breaths. Release.



### Leg Stretch

Sit on the edge of a chair and bring your legs straight out in front of your body. Draw your toes toward your face as you sit up as straight as possible, holding onto the sides of the chair for support. Hold for five breaths. Release.