

Desk Stretches

Taking a few minutes a day to stretch at your desk can help you feel better after a long work day.

Try these 6 moves out the next time you are at your desk!



Stand up from your chair, reaching your hands above your head as high as you can. Hold for 20 seconds



Interlace your fingers and stretch your arms out. Allowing your back to round a little bit. Hold for 20 seconds.



Bring your hands behind your back, interlace your fingers and slowly raise your hands until you feel a stretch in the chest/shoulders. Hold for 20 seconds.



Bring one arm across your chest, and use the opposite hand to bring arm towards the chest. Hold for 20 seconds



With arm straight, point fingers towards the ground and hold palm for 20 seconds per side.



Seated in your chair, bring one ankle onto opposite knee. Add a bit of pressure to your knee with your hand, and slightly lean forward towards your feet. Hold for 20 seconds per side.